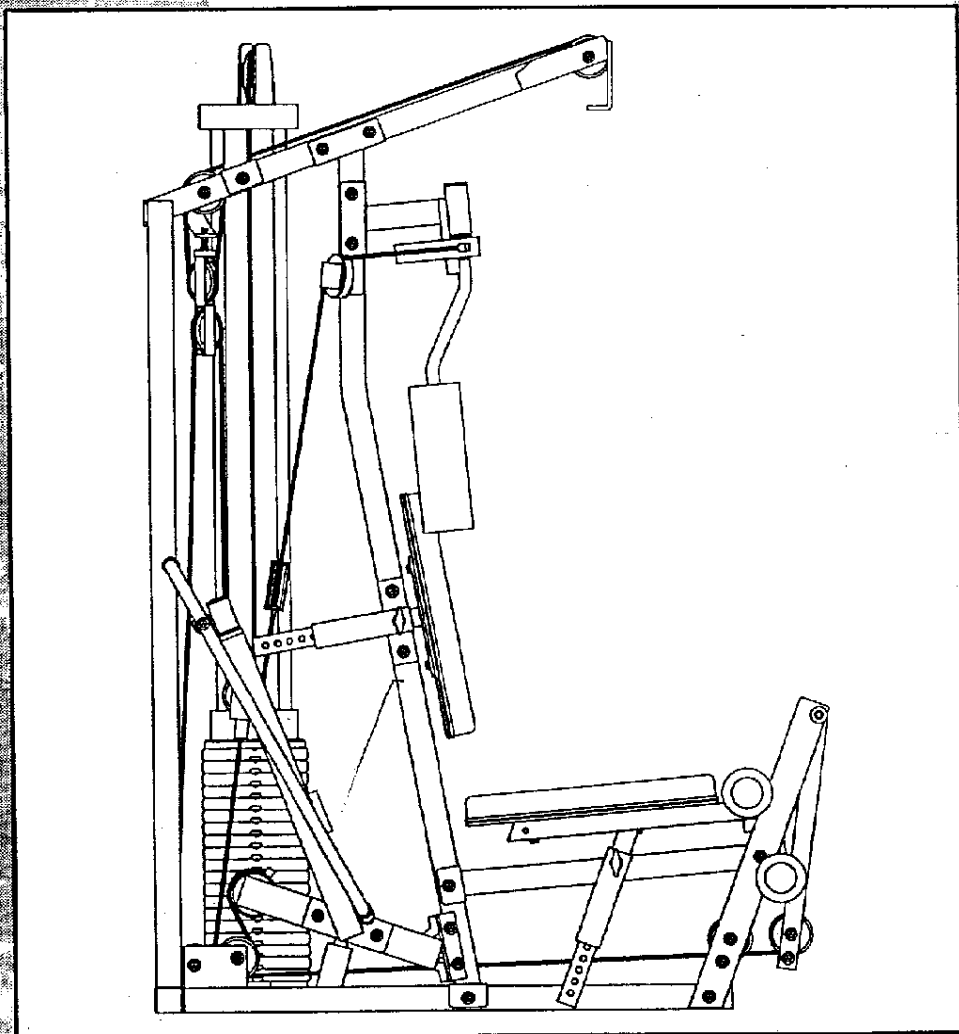


HOIST®
FITNESS SYSTEMS

880-3D



Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

California

(800) 541-5438

(619) 578-7676

January '96

ASSEMBLY
INSTRUCTIONS

880-3D

Assembly Instructions

STEP 1

Before beginning assembly please take the time to read the instructions thoroughly. A Owner's Manual has been included with these assembly instructions. Please use it to make sure that all parts have been included in your shipment. If any parts are missing, please use the part number and description from the catalog when ordering.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions of your Hoist 880-3D to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and catalog when calling. When all parts have been accounted for, continue on to Step 2.

Tools Required

Socket Wrench

9/16", 1/2", and 7/16" Sockets

Crescent Wrench

Standard Allen Wrench Set (5/64"
thru 1/4")

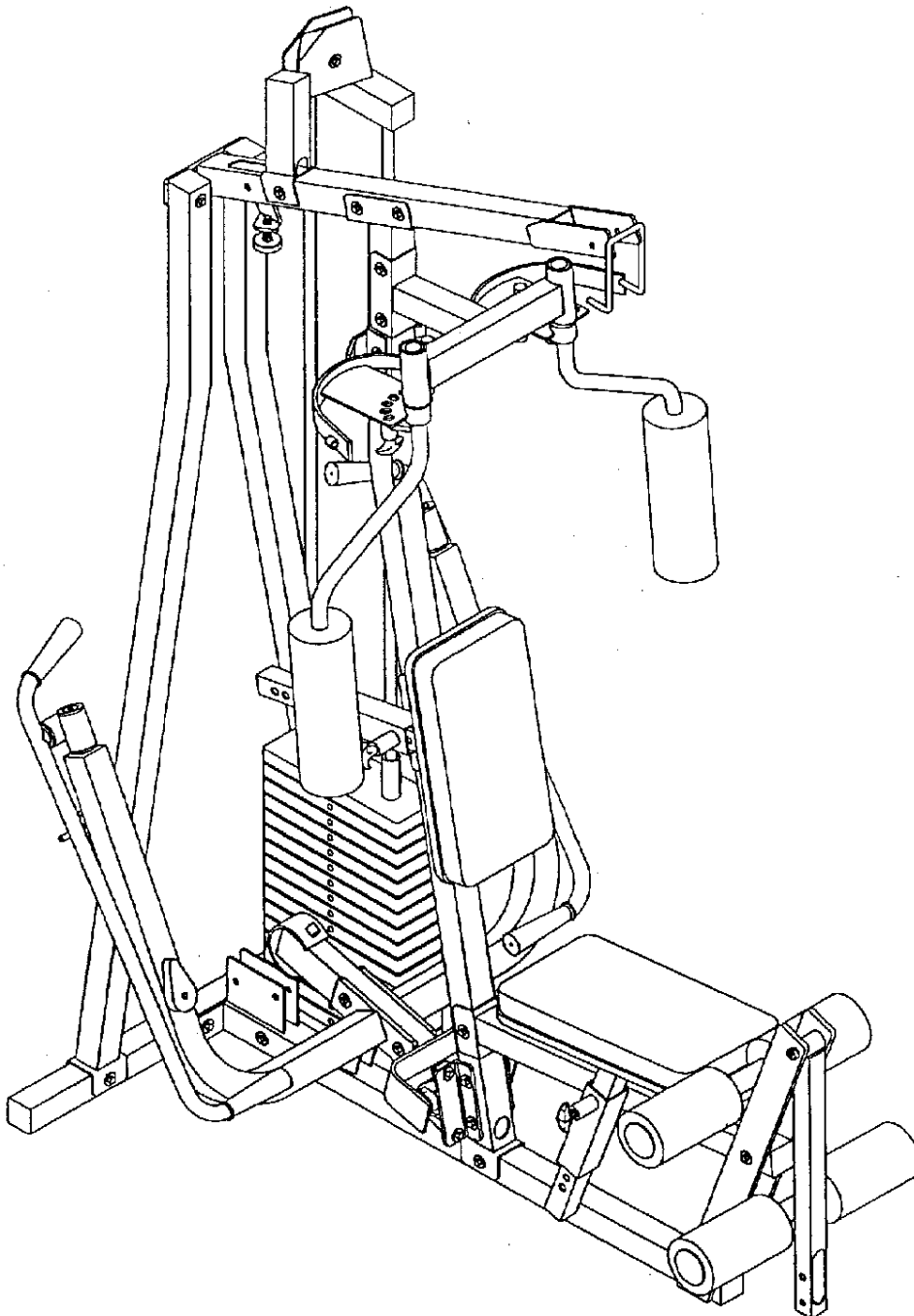
Rubber Mallet

Note: Washers should be placed on both ends of all bolts (against the head of the bolt and against the nut) unless otherwise specified in these instructions.

880-3D Assembly

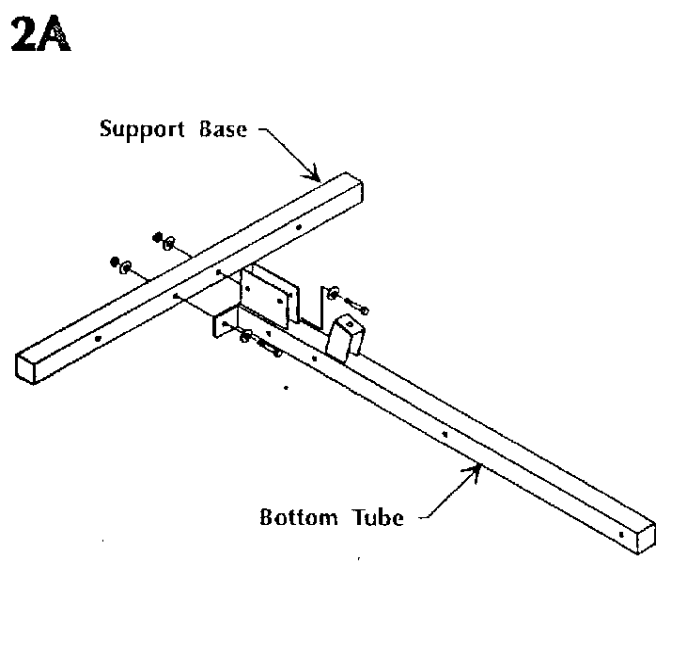
Step 2

Step 2 Frame Assembly

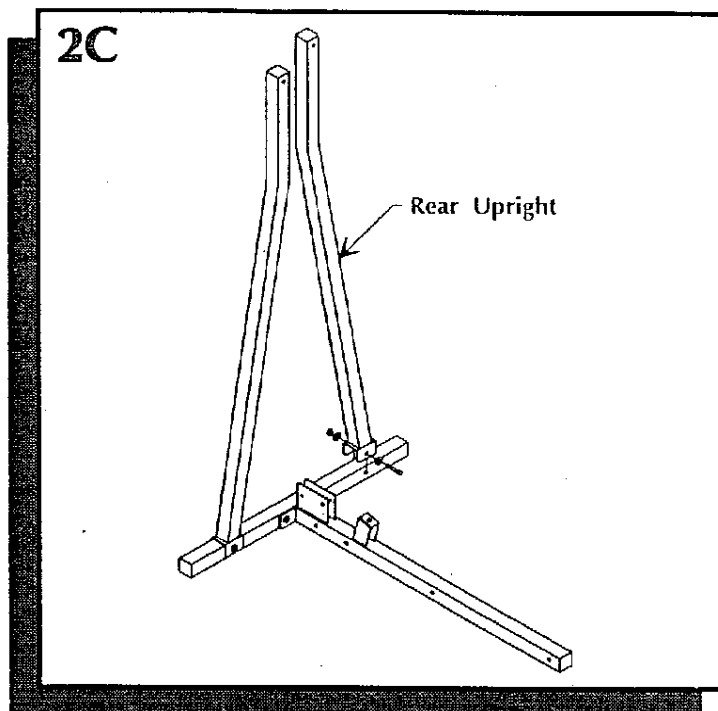


880-3D Assembly**Step 2****Step 2****Frame Assembly**

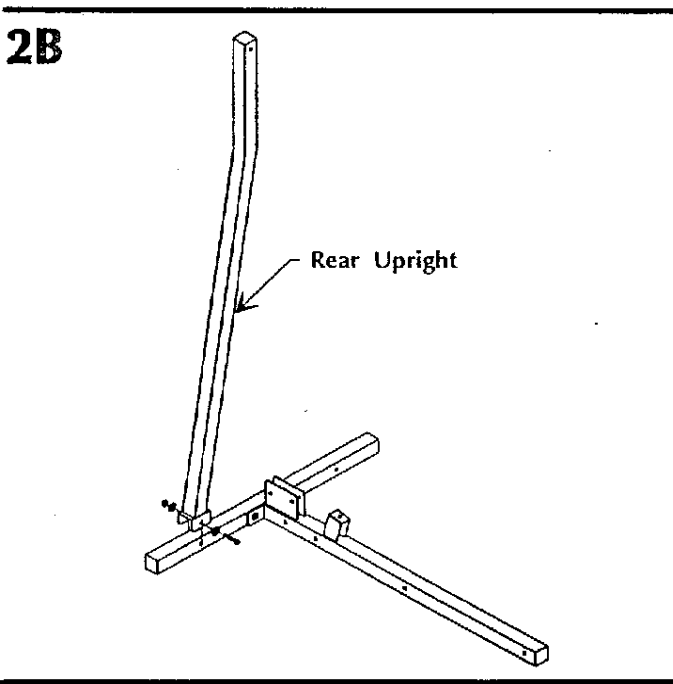
2A Attach the Support Base to the Bottom Tube using (2) 3/8 x 2 3/4 hex bolts. (Hand tighten only)



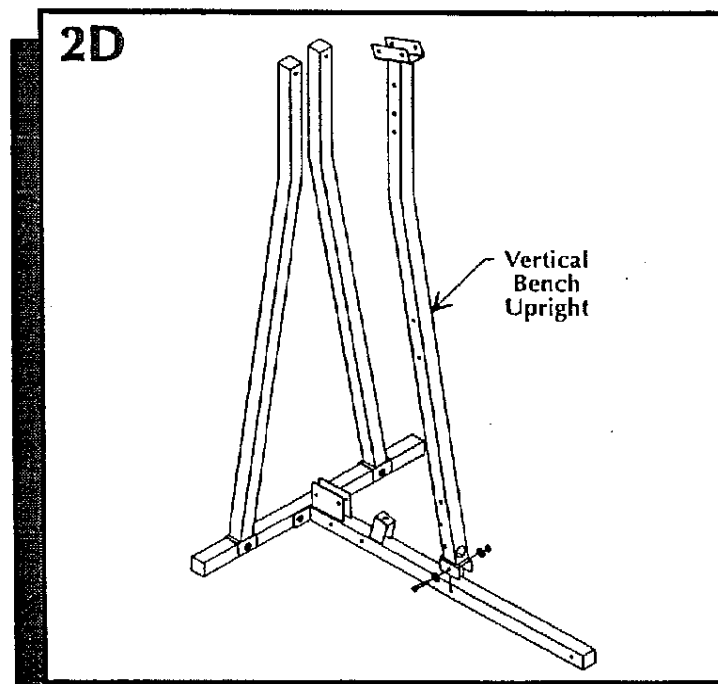
2C Attach the remaining Rear Upright to the Support Base using (1) 3/8 x 2 3/4 hex bolt. (Hand tighten only)



2B Attach one of the Rear Uprights to the Support Base using (1) 3/8 x 2 3/4 hex bolt. (Hand tighten only)

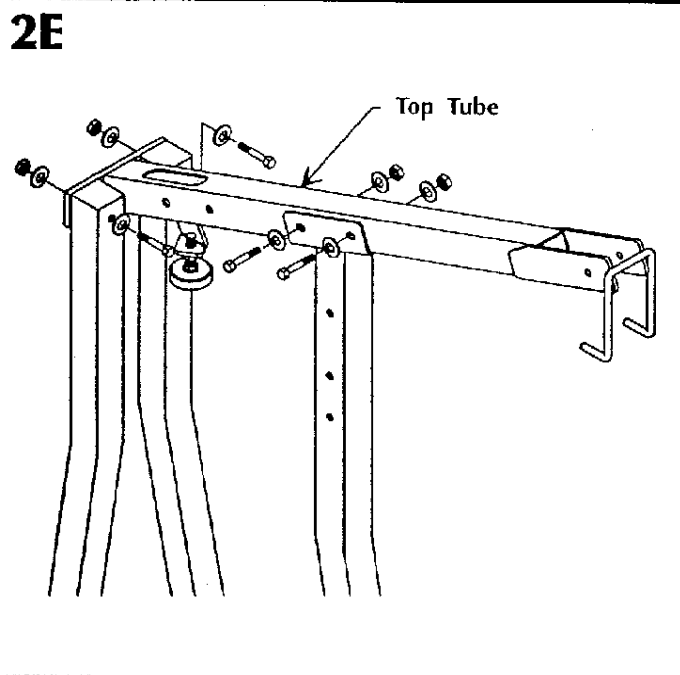


2D Attach the Vertical Bench Upright to the Bottom Tube using (1) 3/8 x 2 3/4 hex bolt. (Hand tighten only)

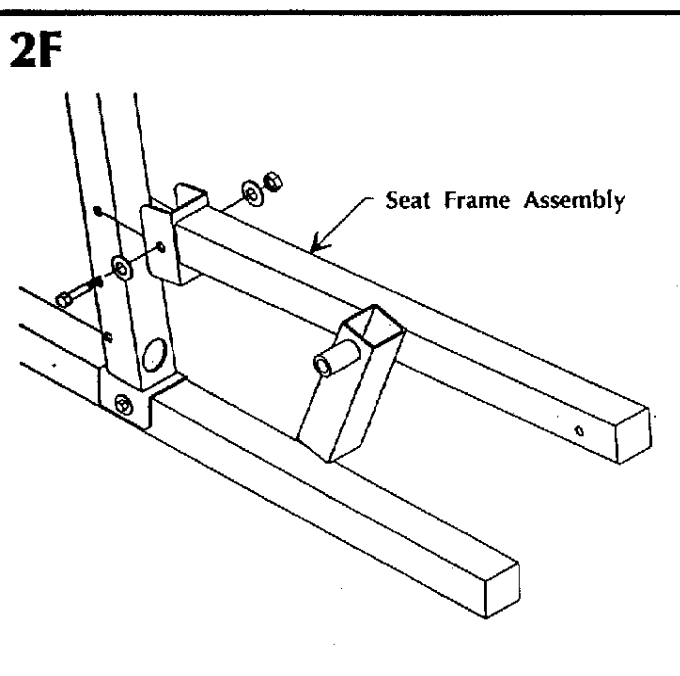


880-3D Assembly**Step 2**

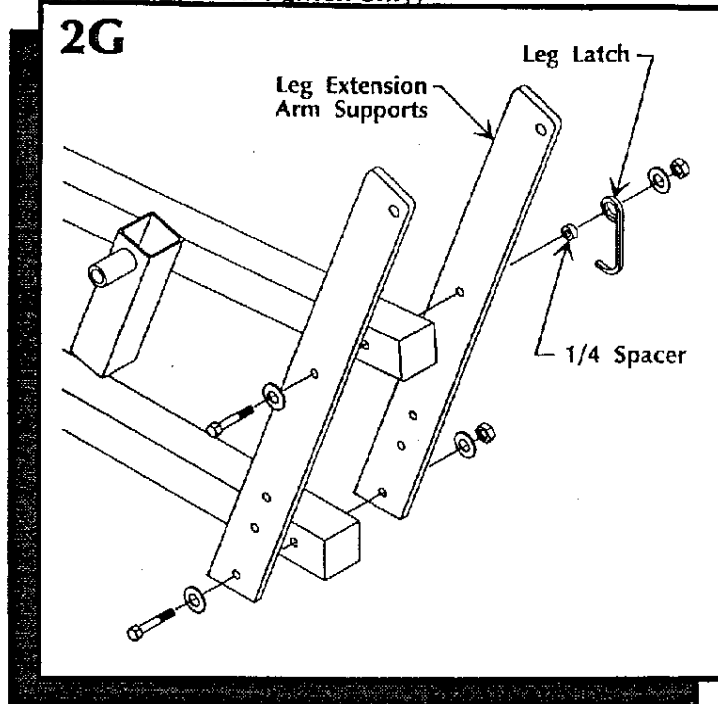
2E Attach the Top Tube to the Rear Uprights using (2) $3/8 \times 3$ hex bolts and to the Main Upright using (2) $3/8 \times 2 3/4$ hex bolts. (Wrench tighten All bolts installed up through this step)



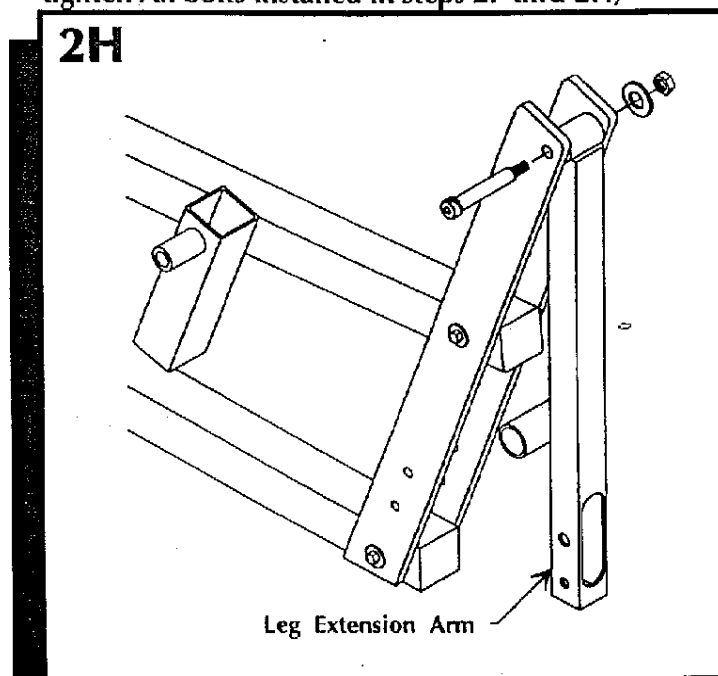
2F Attach the Seat Frame Assembly to the Vertical Bench Upright using (1) $3/8 \times 2 3/4$ Hex bolt. (Hand tighten only)



2G Attach the Leg Extension Arm Supports to the Bottom Tube using (1) $3/8 \times 3 1/4$ hex bolt and The Seat Frame Assembly using (1) $3/8 \times 3 1/2$ hex bolt, On the left side place a Spacer, Leg Latch, Washer then Nut. (Hand tighten only)

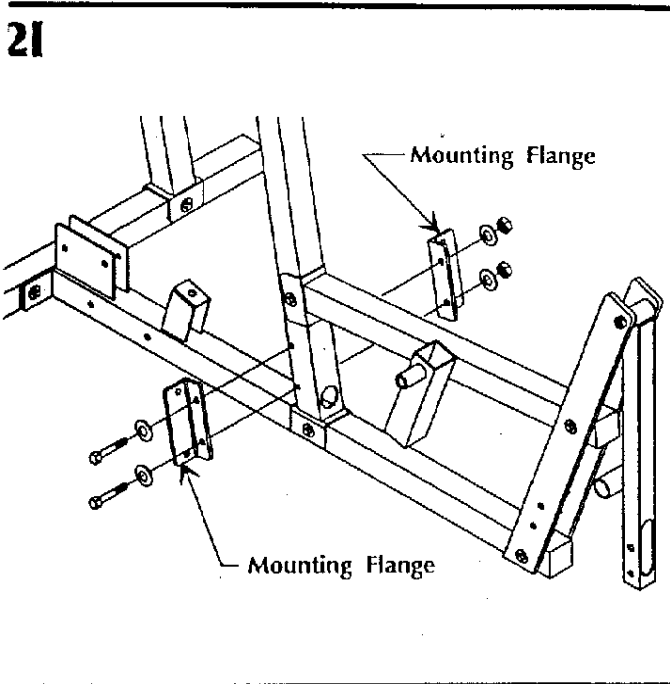


2H Attach the Leg Extension Arm to the Leg Extension Arm Supports using (1) $1/2 \times 2 1/2$ shoulder bolt and (1) $3/8$ flat washer. (Wrench tighten All bolts installed in steps 2F thru 2H)

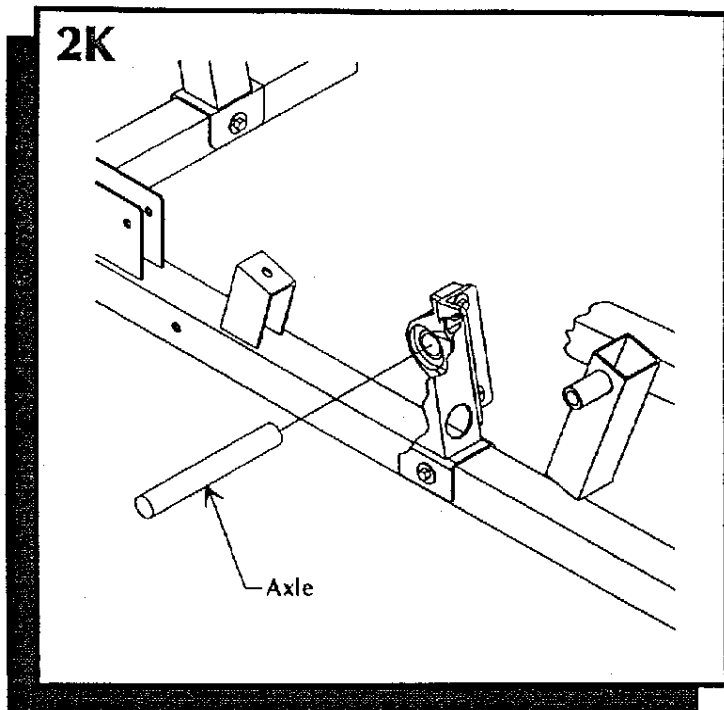


880-3D Assembly**Step 2**

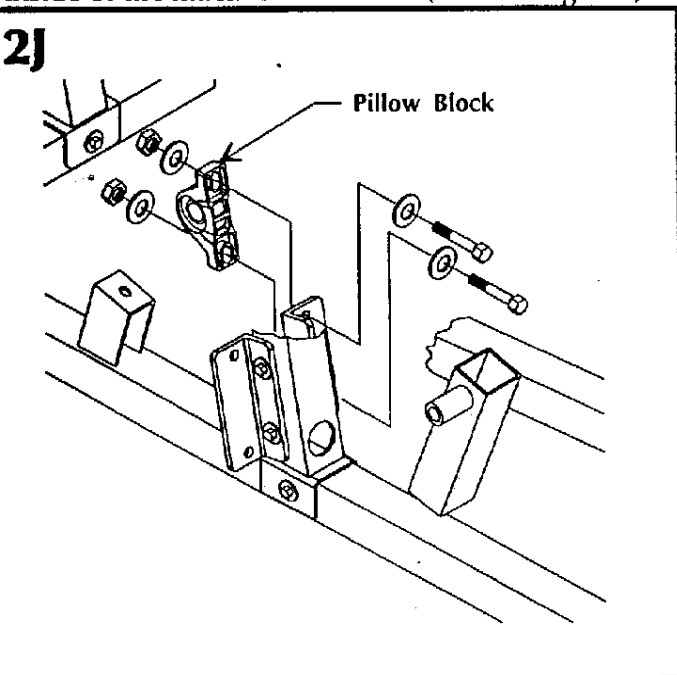
2I Attach the Mounting Flanges to the Vertical Upright using (2) 3/8 x 3 hex bolts. (Wrench tighten)



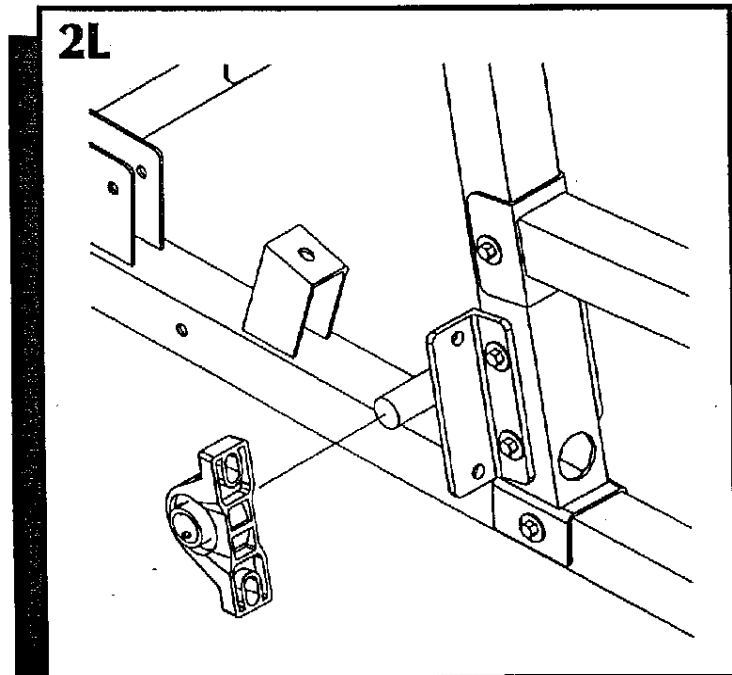
2K Slide the Axle through the Pillow Block Bearing allowing approximately 27/32 of an inch to protrude past the Pillow Blocks Bearing Sleeve. (Do Not Tighten Lock Screws)



2J Attach One Pillow Block Bearing to the Mounting Flange using (2) 3/8 x 1 1/2 hex bolts. The lock screws on the bearing should be facing the outside of the machine as shown. (Wrench tighten)

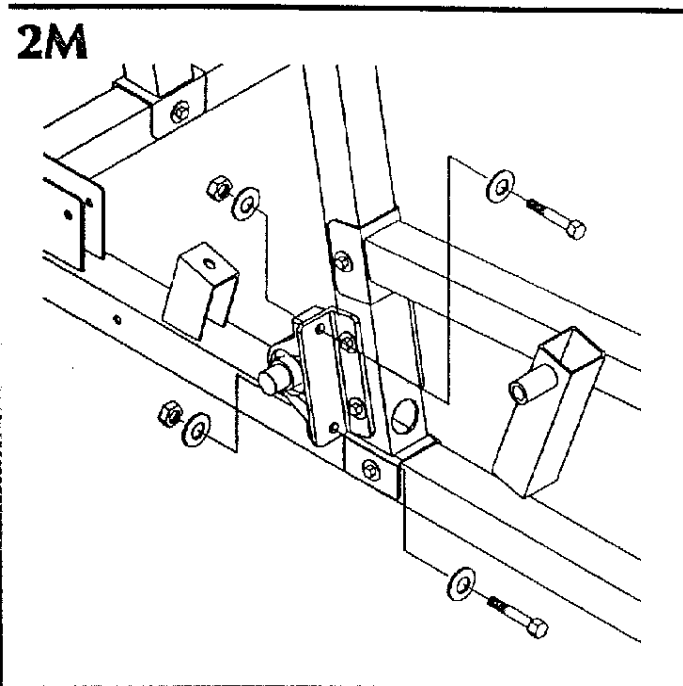


2L Slide the other Pillow Block Bearing over the Axle and line up the bolt holes.

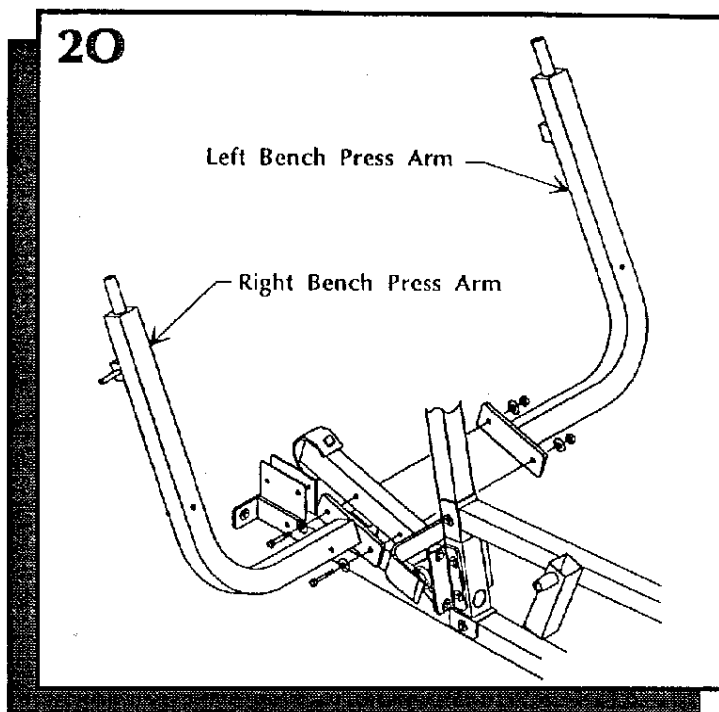


880-3D Assembly**Step 2**

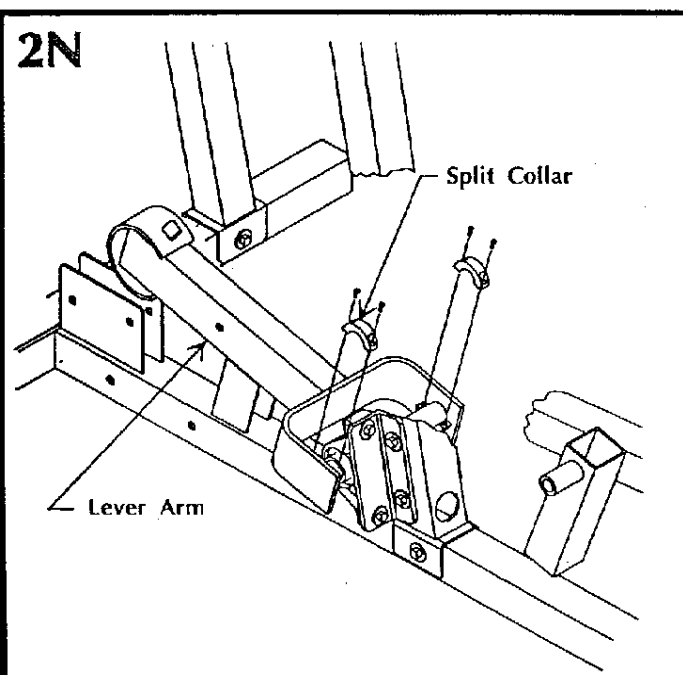
2M Attach the Pillow Block Bearing to the Mounting Flange using (2) $3/8 \times 1\frac{1}{2}$ hex bolts. (Wrench tighten) Center Axle between the two Pillow Blocks. Using an allen wrench tighten the set screws on the Pillow Blocks.



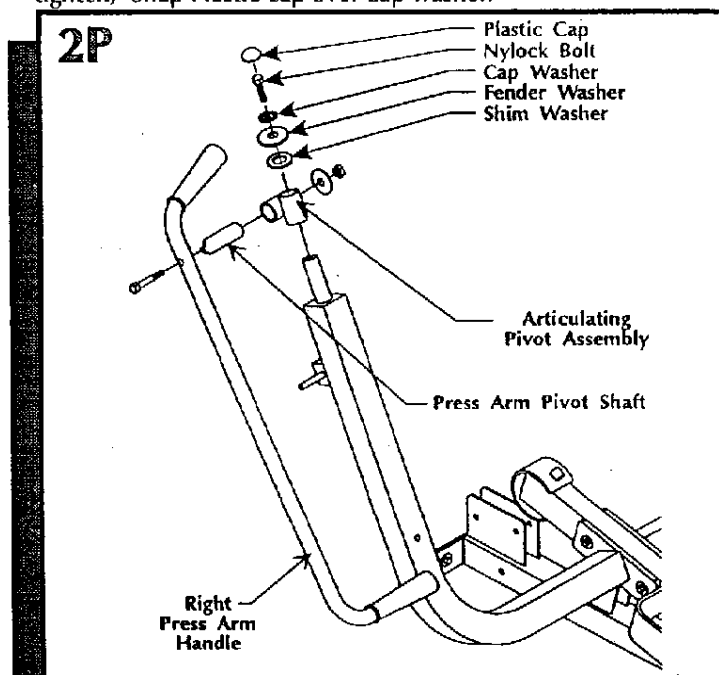
2O Attach the Left and Right Bench Press Arms to the Lever Arm using (2) $3/8 \times 2\frac{3}{4}$ hex bolts. (Wrench tighten)



2N Attach the Lever Arm to the Axle using (2) Split Collars and (4) allen head socket screws. (Wrench tighten using an allen wrench)

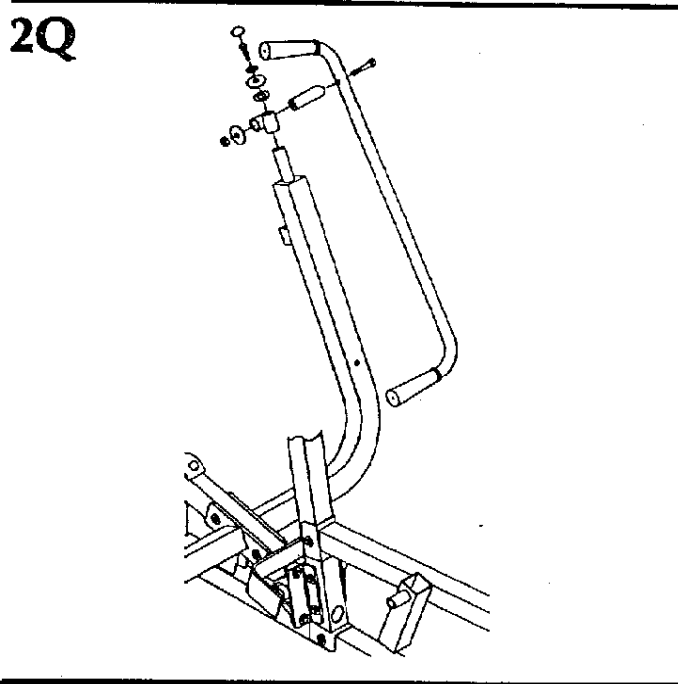


2P Slide a Press Arm Pivot shaft into Articulating Pivot Assembly. Attach Press Handle to Articulating Pivot Assembly using (1) $1/2 \times 4\frac{1}{2}$ hex bolt, (1) $1/2$ washer and (1) $1/2$ thin nylon lock nut. Attach Articulating Pivot Assembly to Bench Press Arm using a plastic shim washer, $3/8$ fender washer, $3/8$ cap washer and (1) $3/8 \times 1$ nylock bolt as shown. (Wrench tighten) Snap Plastic cap over cap washer.

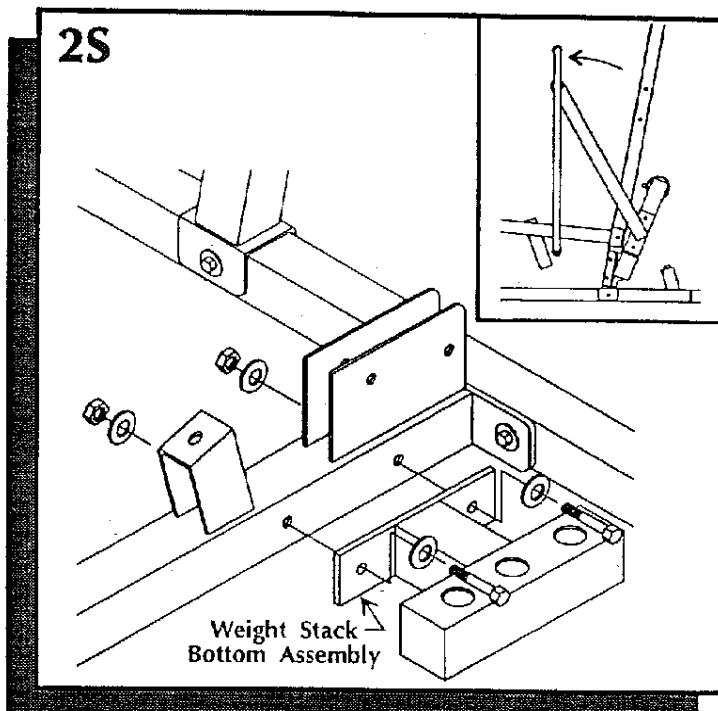


880-3D Assembly**Step 2**

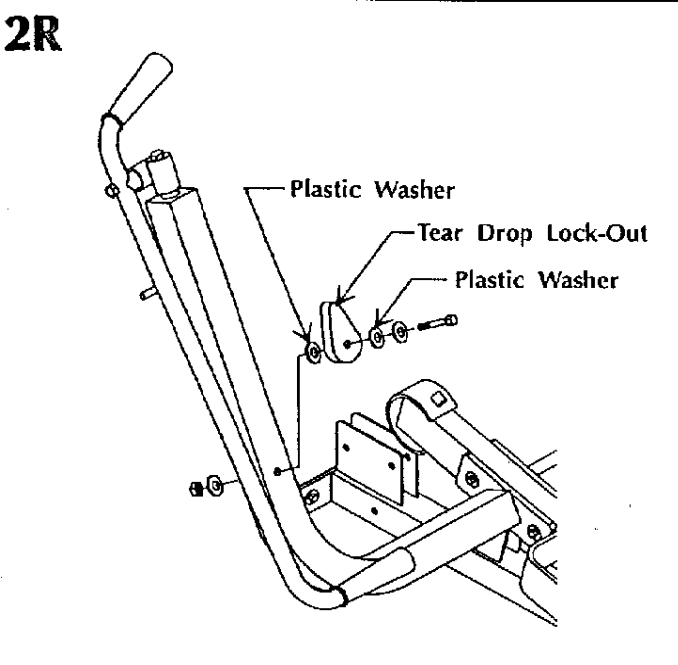
2Q Follow the same instructions as in step 2P for the left side. (Wrench tighten)



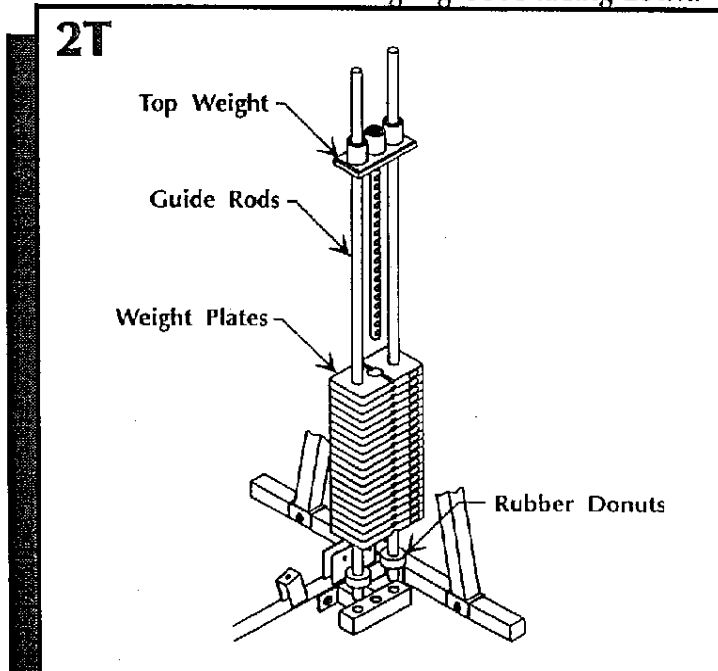
2S Push the Press Arm forward and allow it to rest against the Main Upright. Attach the Weight Stack Bottom Assembly to the Bottom Tube using (2) $3/8 \times 2 3/4$ hex bolts. (Wrench tighten)



2R Attach the Tear Drop Lock-Out to the Bench Press Arm using (1) $3/8 \times 3 1/2$ hex bolt and (2) Plastic Washers, one between the Lock-Out and Metal Washer the other between Lock-Out and Frame. (Wrench Tighten) Do the same to the other arm.

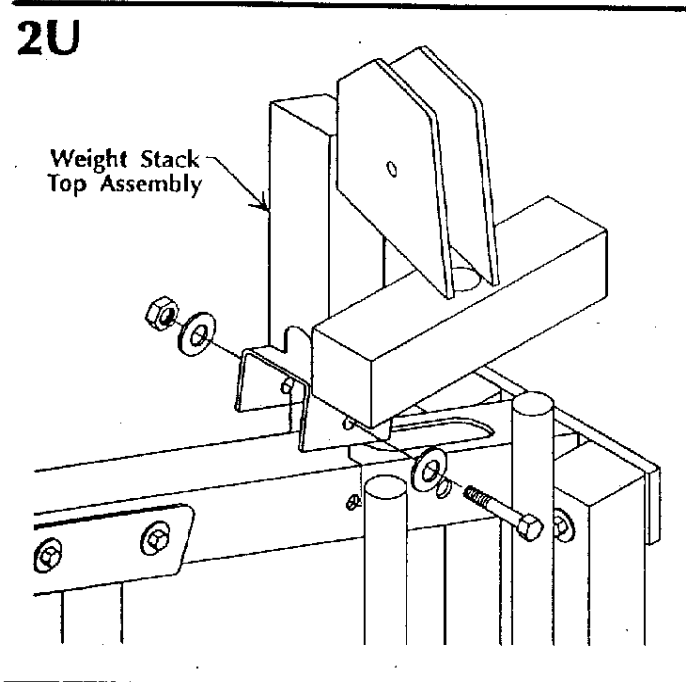


2T Slide the Rubber Donuts onto the Guide Rods. Set the Guide Rods into the holes in the Weight Stack Bottom Assembly with the Rubber Donuts down. Carefully slide the weight plates onto the Guide Rods with the larger groove facing down.

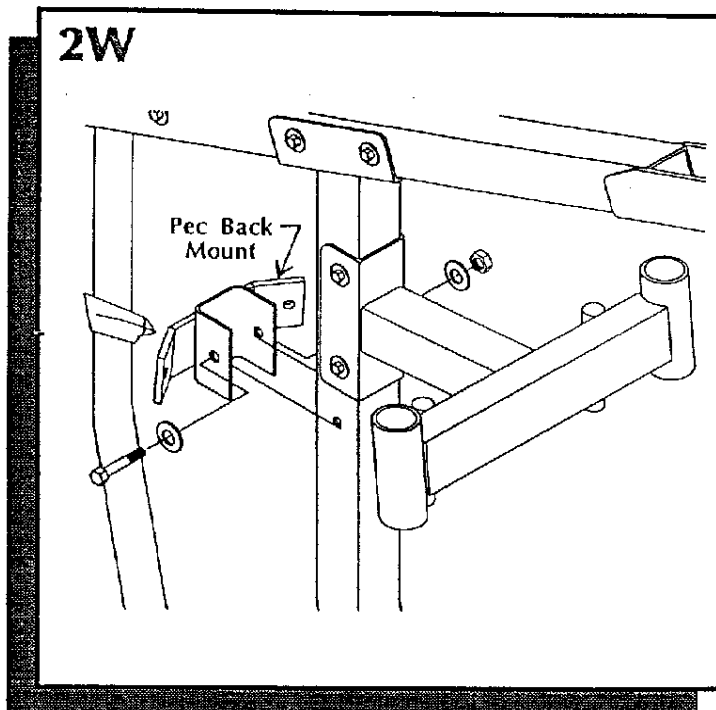


880-3D Assembly**Step 2**

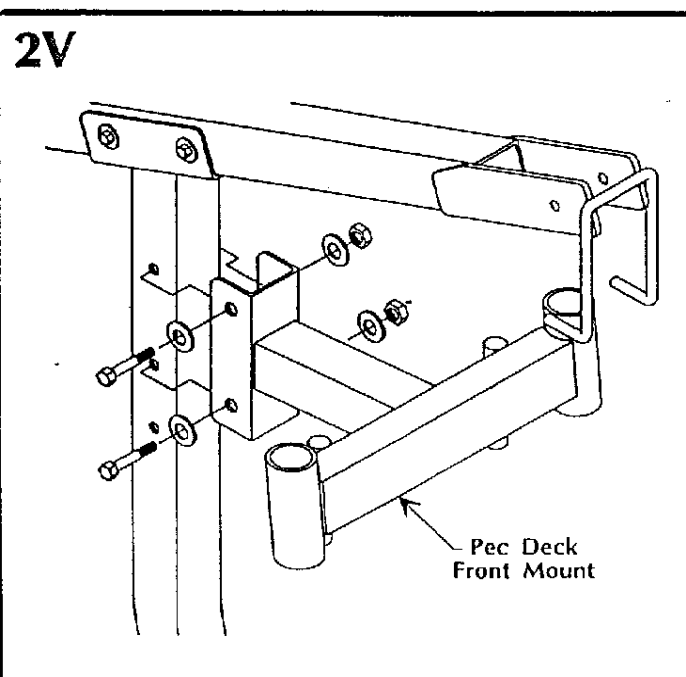
2U Set the Weight Stack Top Assembly onto the top of the Guide Rods and bolt it to the Top Tube using (1) 3/8 x 2 3/4 hex bolt. (Wrench tighten)



2W Attach the Pec Deck Back Mount to the Main Upright *being sure that the Top of the bent plate is leaning toward the front of the machine* using (1) 3/8 x 2 3/4 hex bolt. (Wrench tighten)

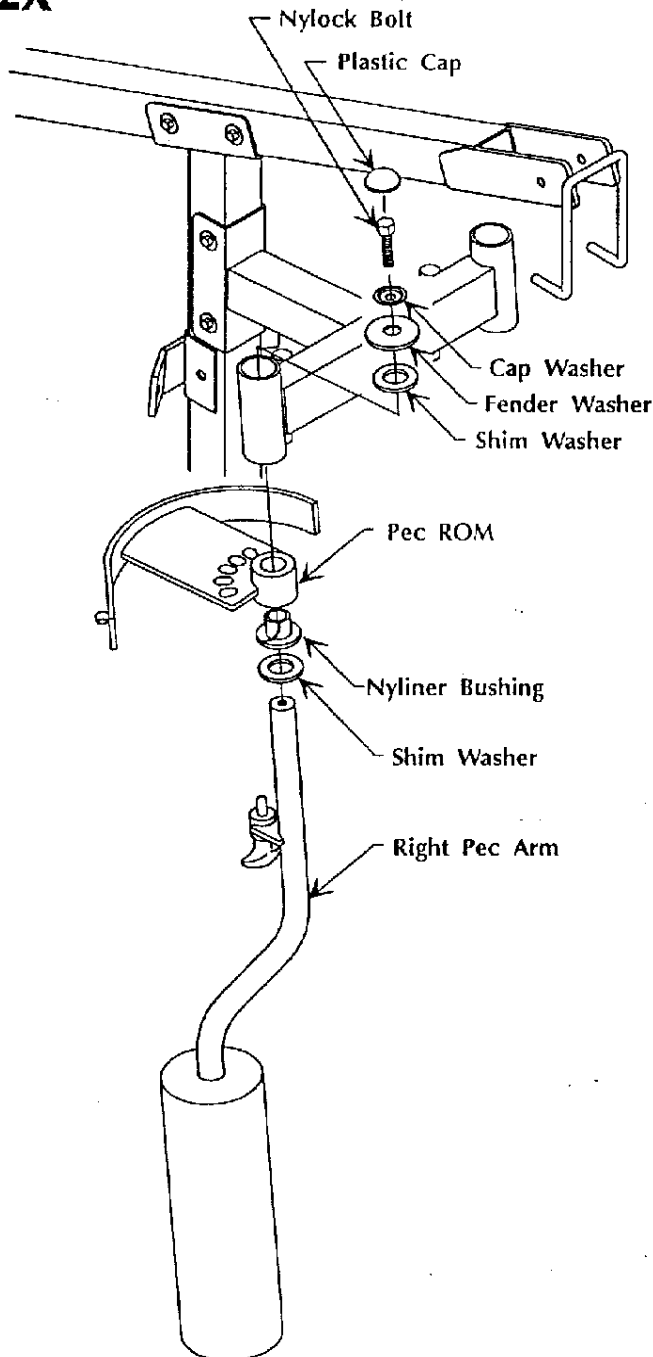


2V Attach the Pec Deck to the Main Upright using (2) 3/8 x 2 3/4 hex bolts. (Wrench tighten)

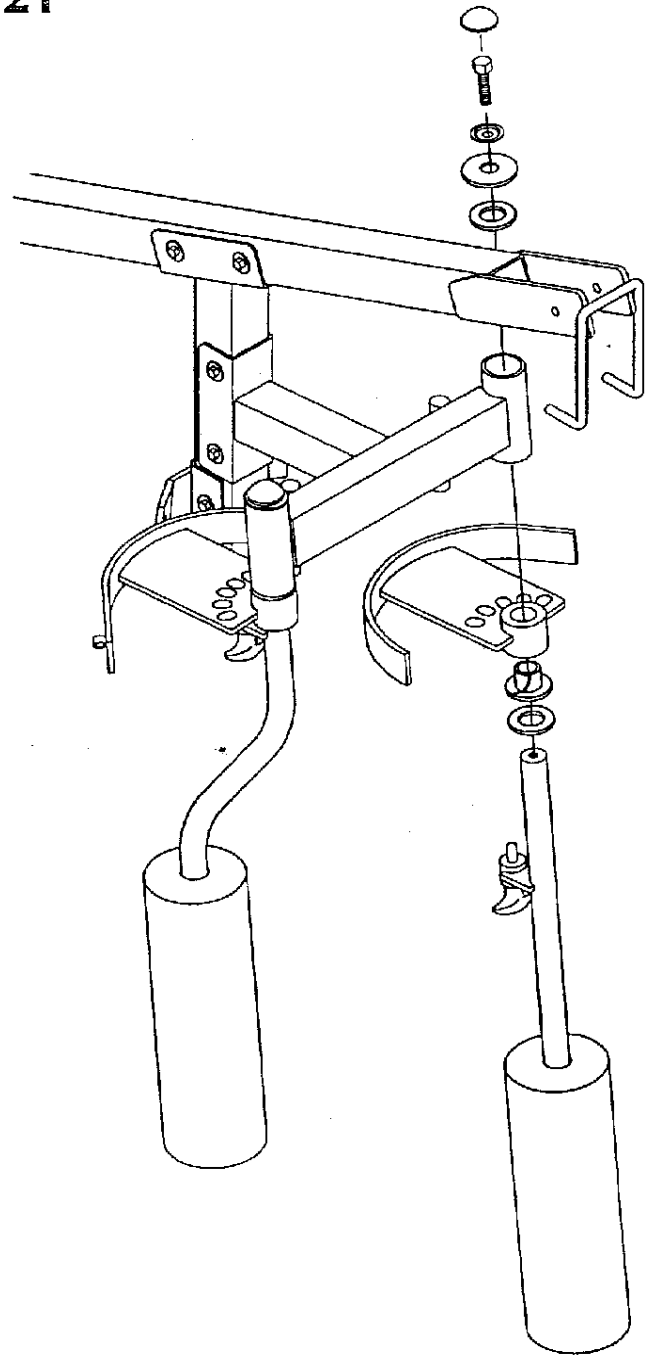


880-3D Assembly**Step 2****2X**

Locate the Right Pec Arm. (The right pec arm will have an "R" stamped on the lower end) Slide a plastic shim washer over the Right Pec Arm. Insert a Nyliner Bushing into the lower side of the Pec ROM. Slide the Pec ROM onto the right Pec Arm with the bearing down and the tube on the Pec Cam toward the outside. Slide the Pec Arm up through the Pec Front Mount and attach using a plastic shim washer, a 3/8 fender washer, a 3/8 cap washer and (1) 3/8 x 1 nylock bolt as shown. (Wrench tighten) Snap Plastic cap over cap washer.

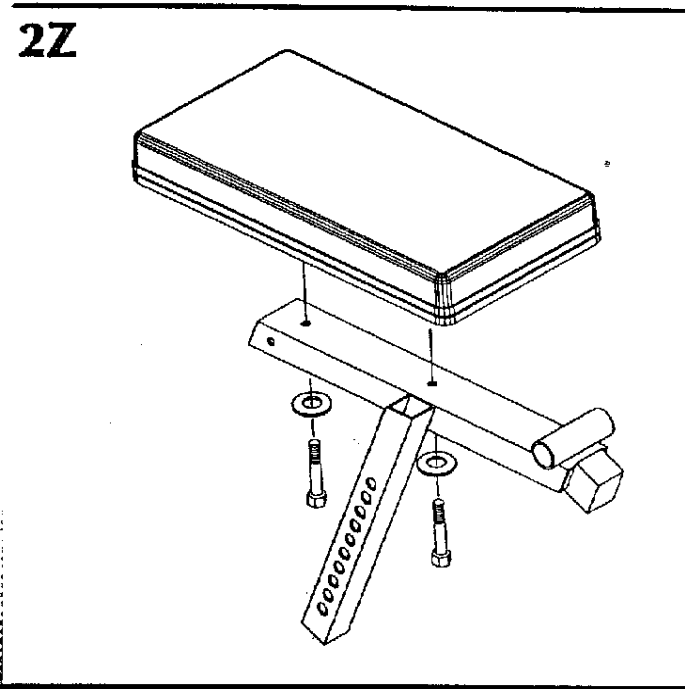
2X**2Y**

Attach the Left Pec Arm to the Pec Front Mount as shown in step 2X.

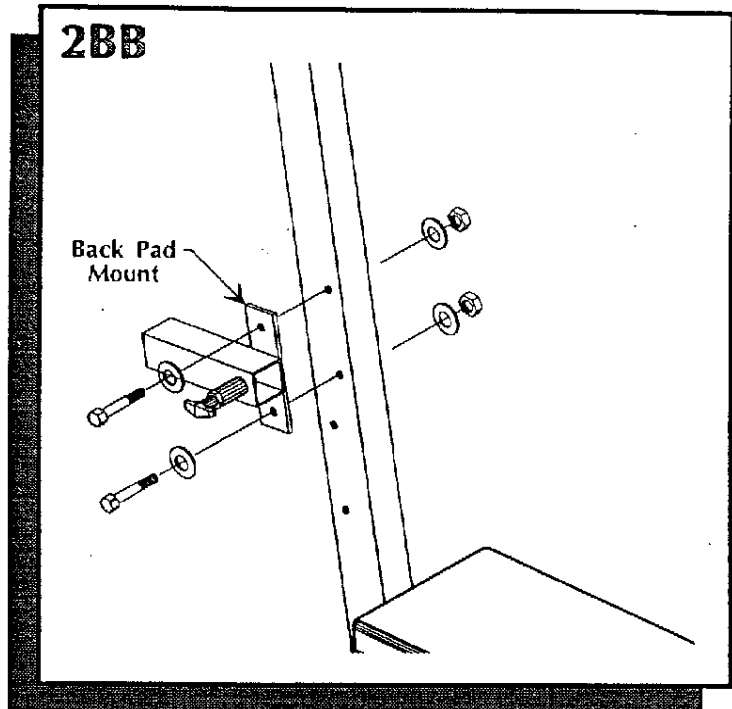
2Y

880-3D Assembly**Step 2**

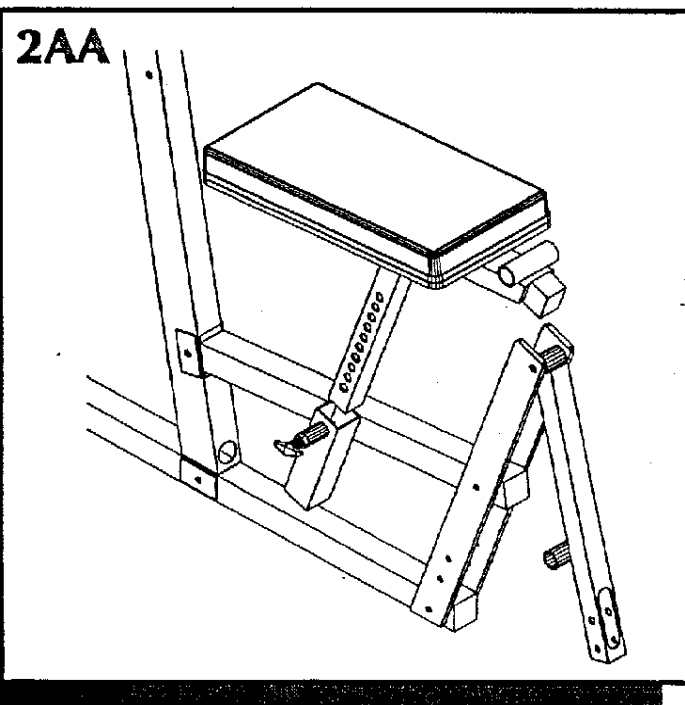
2Z Attach a 10 x 20 Pad to the Vertical Bench Seat Adjust using (2) 5/16 x 2 1/4 hex bolt. Wrench tighten bolts, be sure upholstery is straight)



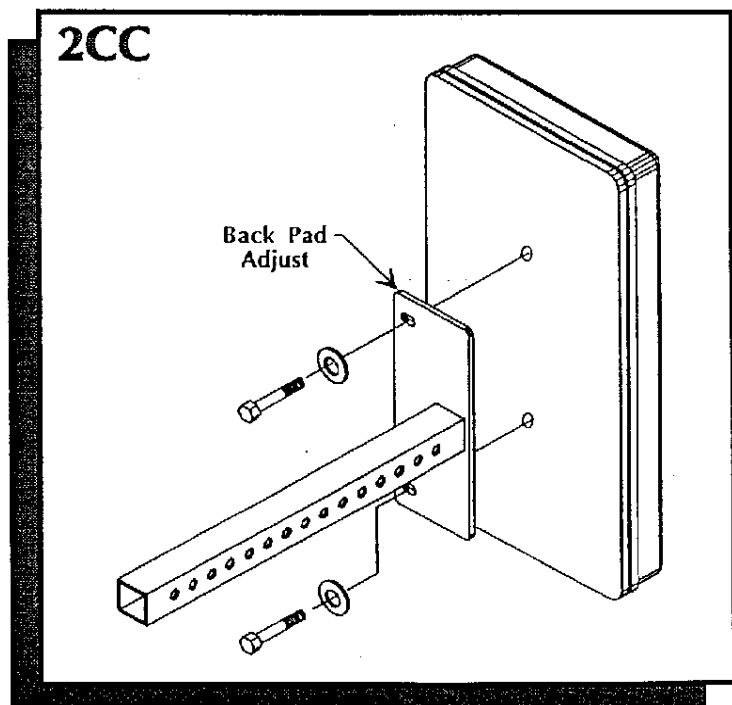
2BB Attach the Back Pad Mount to the Vertical Bench Upright using (2) 3/8 x 2 3/4 hex bolts. (Wrench tighten)



2AA Slide the Vertical Bench Seat Adjust into the Vertical Bench Seat Frame until the Seat Assembly is resting on the Seat Frame.



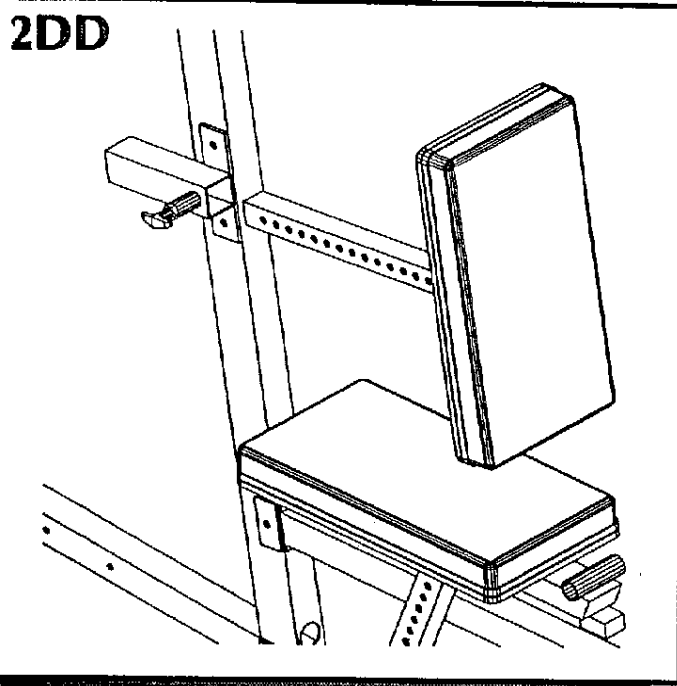
2CC Attach the remaining pad to the Vertical Bench Back Pad Mount using (2) 5/16 x 1 1/4 hex bolts. (Wrench tighten)



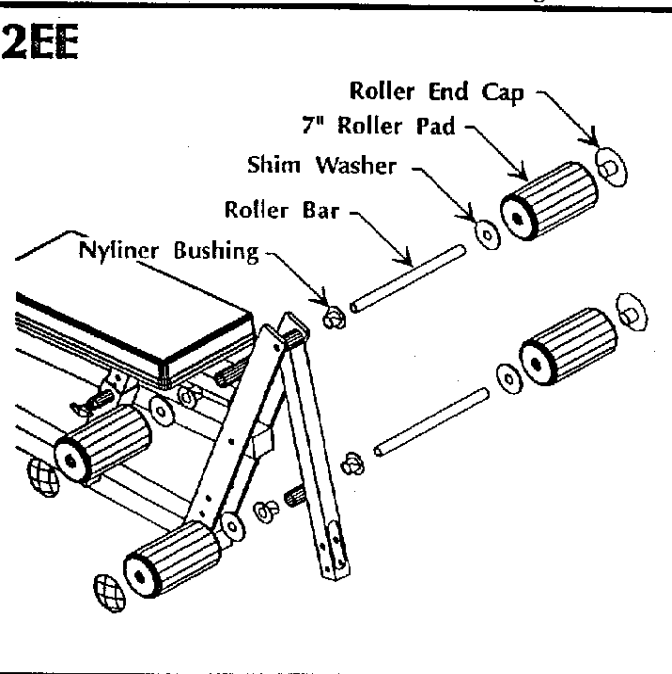
880-3D Assembly

Step 2

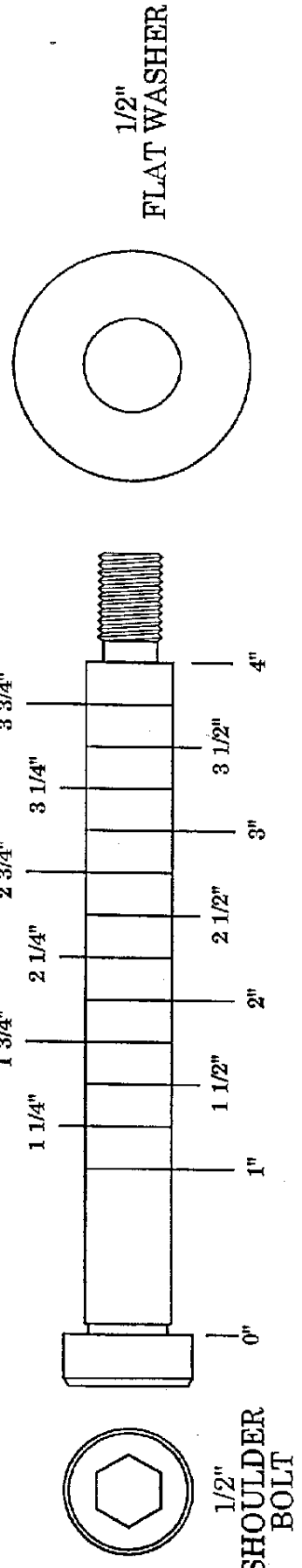
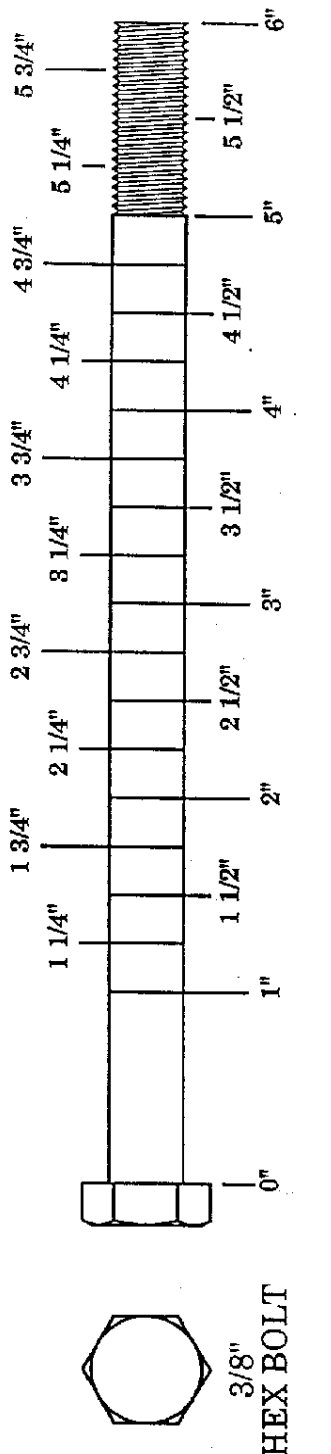
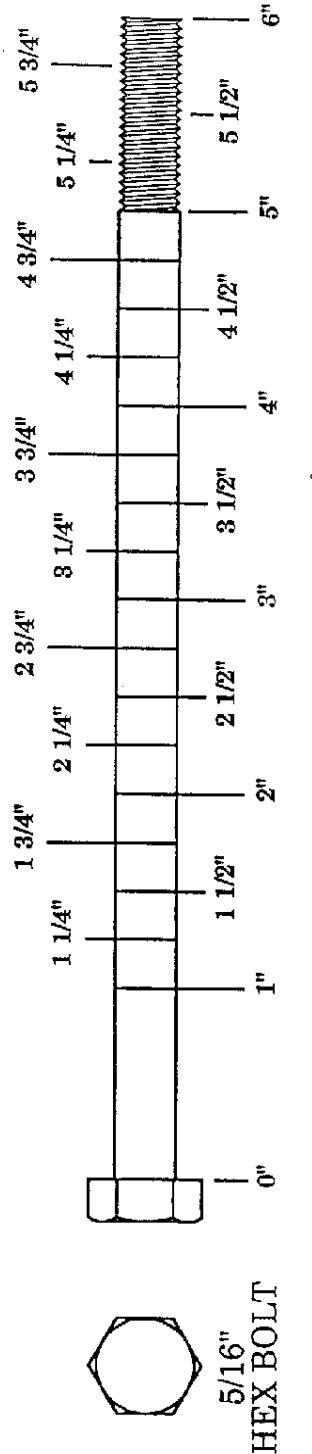
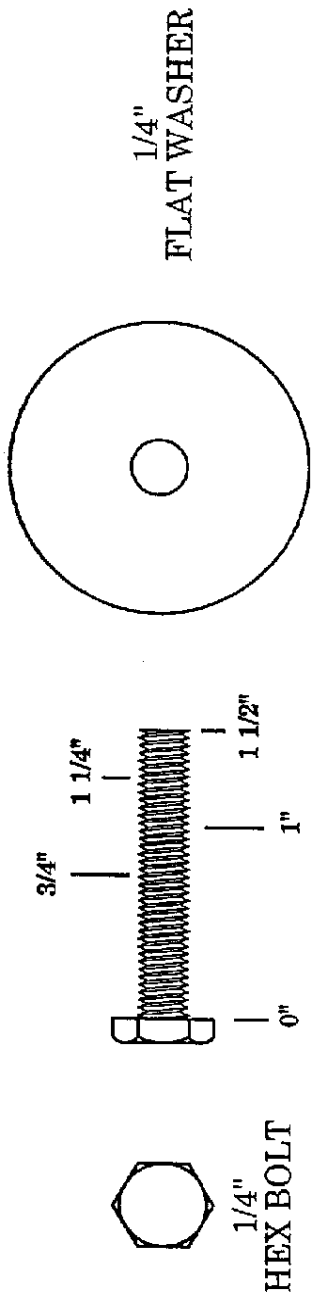
- 2DD** Slide the Vertical Bench Back Adjust into the Back Pad Mount on the Vertical Bench Upright.



- 2EE** Insert the Nyliner Bushings into tubing on the Seat Frame and the Leg Extension. Slide the Roller Bars through the bushings. Slide the Washers and the Roller Pads onto the Roller Bars as shown. Tap the Roller End Caps into the ends of the tubing.

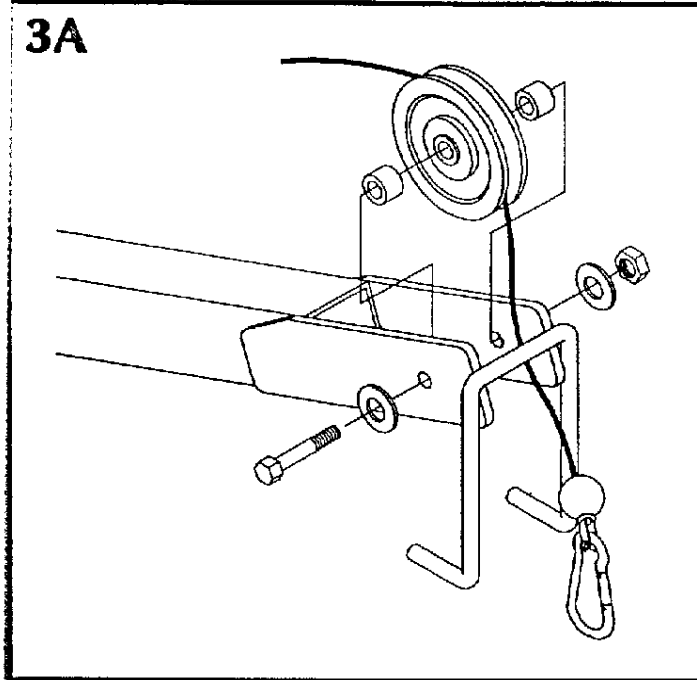


BOLT SIZING CHART

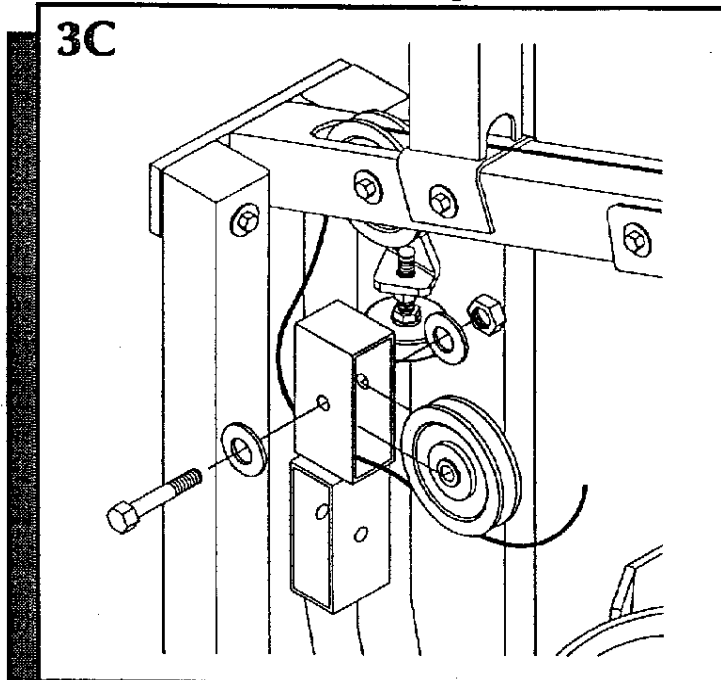


880-3D Assembly**Step 3****Step 3****Cable Installation: Pulldown Cable (#1)**

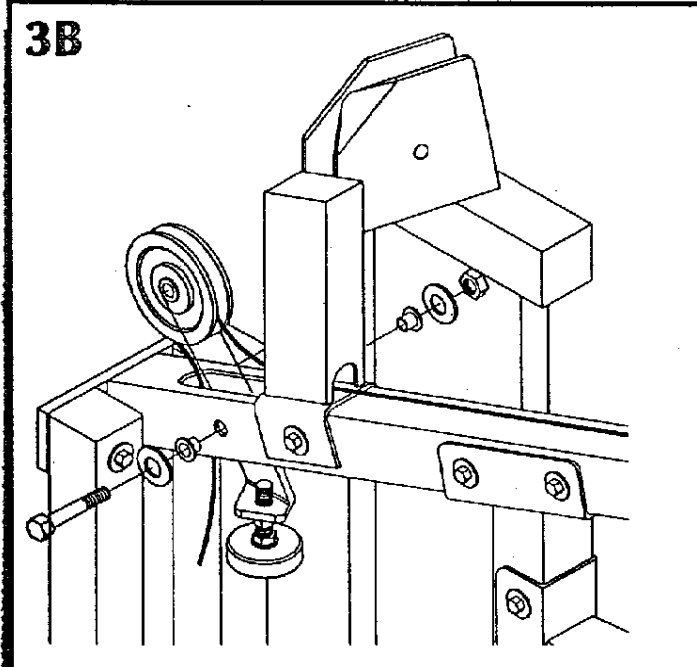
3A Thread the end of the cable over a 3 1/2" pulley and install the pulley between the Top Tube pulley ears using (1) 3/8 x 3 hex bolt and (2) 1/2" spacers as shown. (Wrench tighten)



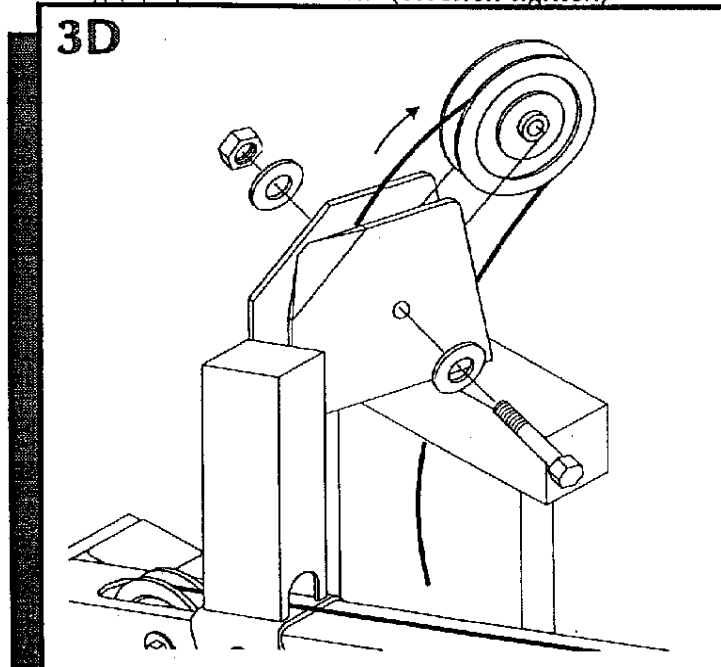
3C Thread the cable through one end of the 90 Alternating Floating Pulley Bracket and under a 3 1/2" pulley. Install the pulley into the bracket using (1) 3/8 x 2 hex bolt. (Wrench tighten)



3B Thread the cable through the slot and over a 3 1/2" pulley and down through the slot in the Top Tube. Install the pulley into the Top Tube slot using (1) 3/8 x 2 3/4 hex bolt and (2) long flanged pulley spacers as shown. (Wrench tighten)



3D Thread the cable up between the Weight Stack Top Assembly pulley ears, around a 4 1/2" pulley and down through the hole in the Weight Stack Top Assembly. Install pulley between the ears using (1) 3/8 x 2 hex bolt. (Wrench tighten)

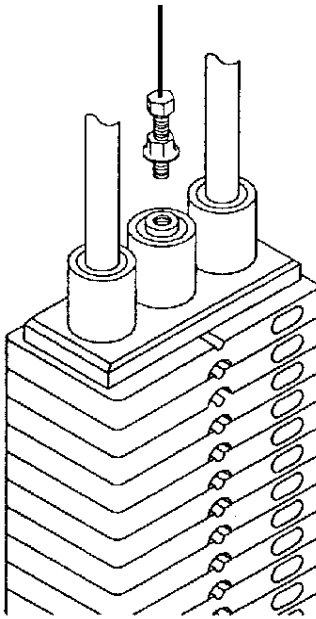


880-3D Assembly

Step 3

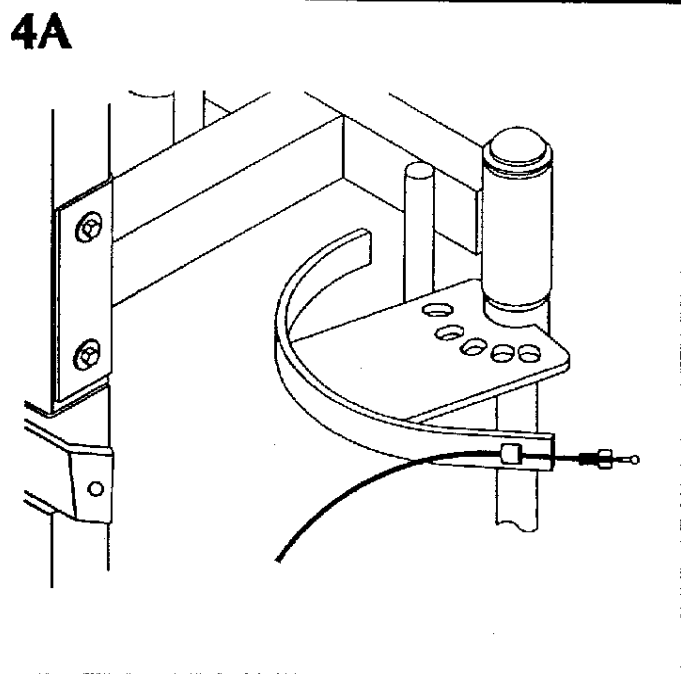
3E

Thread bolt end of cable (5) full turns or 1/2" into the Weight Stack Top Plate. (Wrench tighten the jam nut)

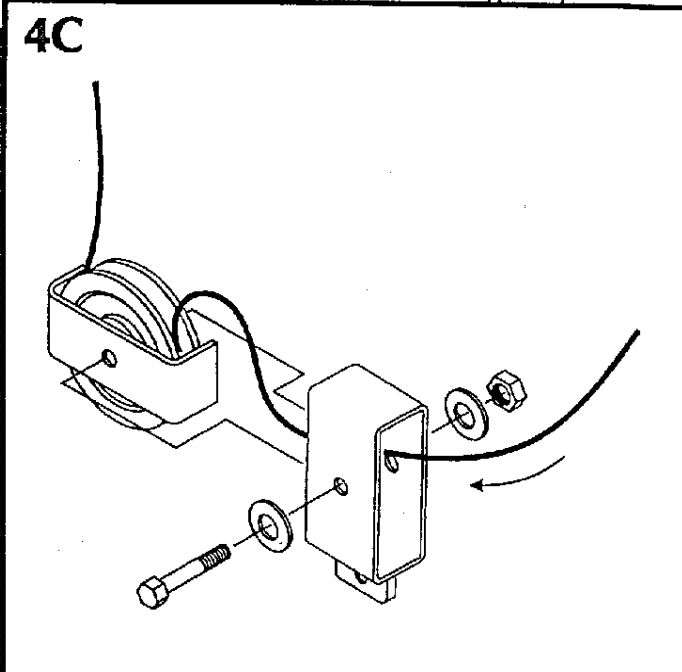
3E

880-3D Assembly**Step 4****Step 4****Cable Installation: Pec Cable (#2)**

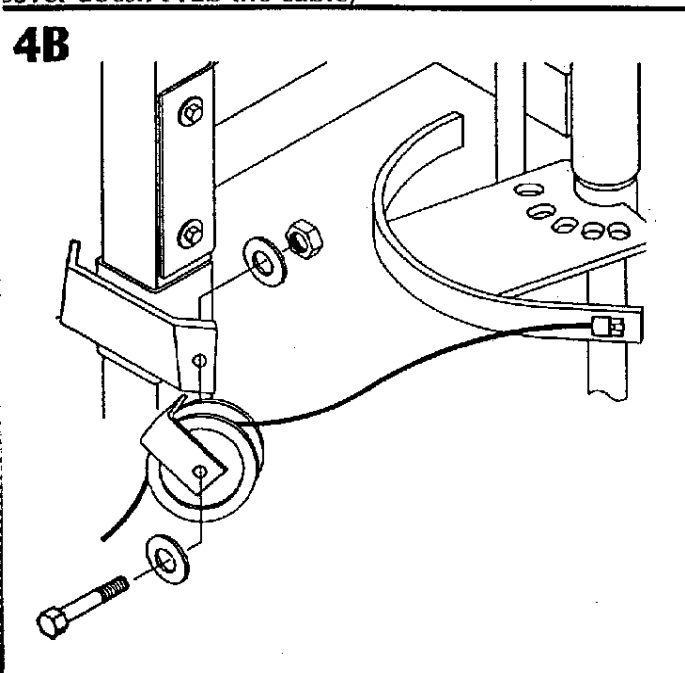
4A Thread the cable through the tube on the Pec Cam. Allow the cable to rest in the quick release cable lock. Pull the cable back through the tube on the Pec Cam so that the Quick Release Cable Lock is pulled into the tube, locking the cable in place.



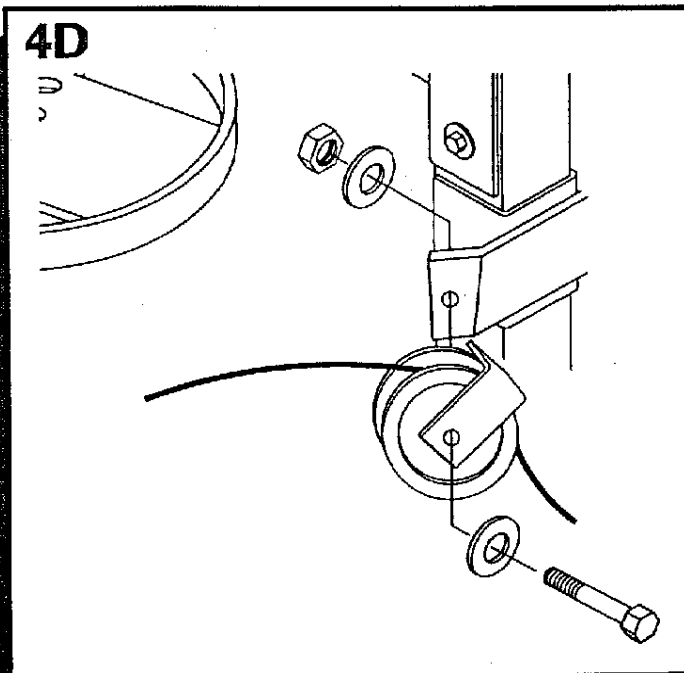
4C Thread the cable through the Tabbed Single Floating Pulley Bracket and around a 3 1/2" pulley. Hold a Double Sided Pulley Cover against the pulley with the cable running as shown and slide into the Tabbed Single Floating Pulley Bracket. Install pulley using (1) 3/8 x 2 hex bolt. (Wrench tighten)



4B Thread the cable over a 3 1/2" pulley. Install the pulley with a Single Sided Pulley Cover onto the right side of the Pec Pulley Mount using (1) 3/8 x 2 hex bolt. (Wrench tighten being sure that the pulley cover doesn't rub the cable)



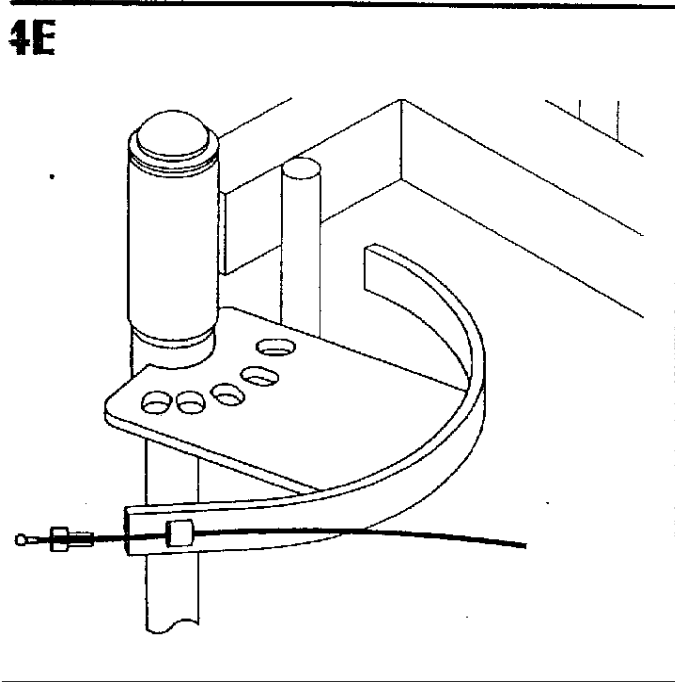
4D Repeat step 4B to install a 3 1/2" pulley onto the left side of the Pec Pulley Mount. (Wrench tighten)



880-3D Assembly

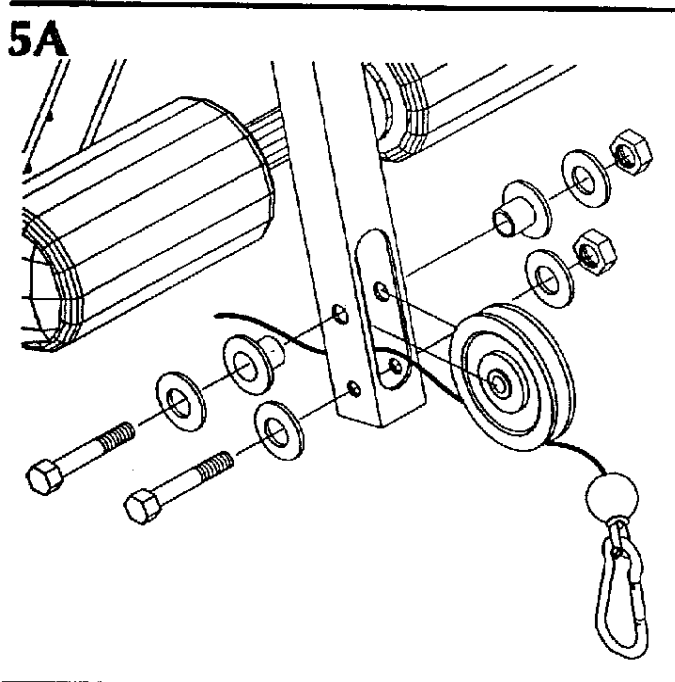
Step 4

- 4E** Repeat step 4A to attach the end of the cable to the left Pec Cam.

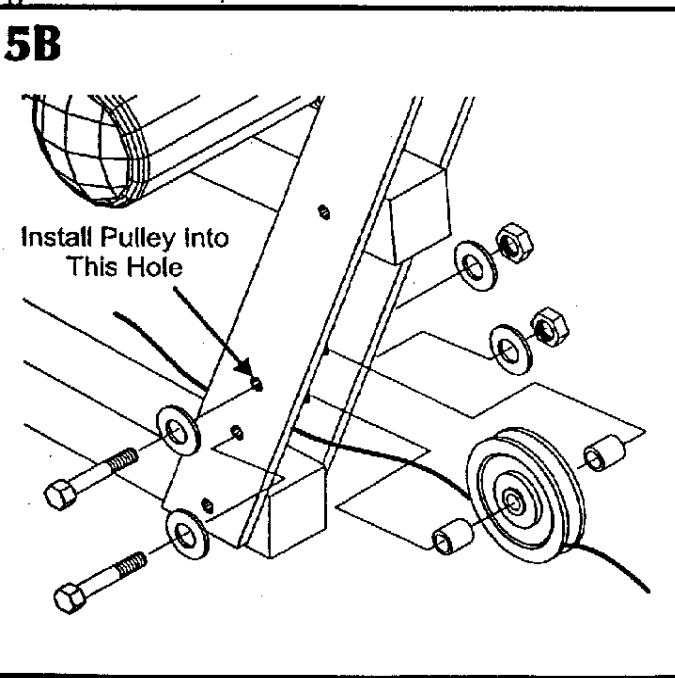


880-3D Assembly**Step 5****Step 5****Cable Installation: Leg Extension Cable (#3)**

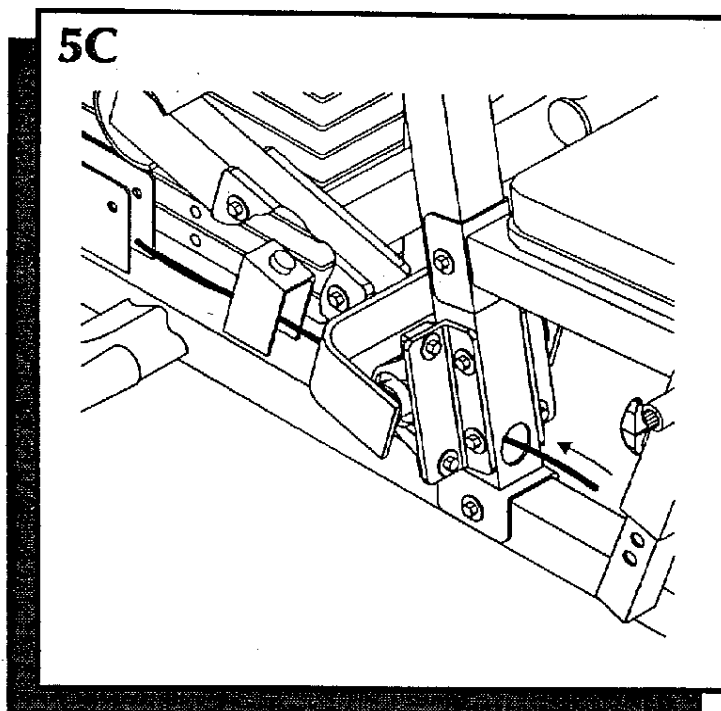
5A Thread the cable through the Leg Extension Arm and install a 3 1/2" pulley using (1) 3/8 x 2 1/4 hex bolt and (2) short flanged pulley spacers. Install (1) 3/8 x 2 hex bolt into the hole below the pulley.



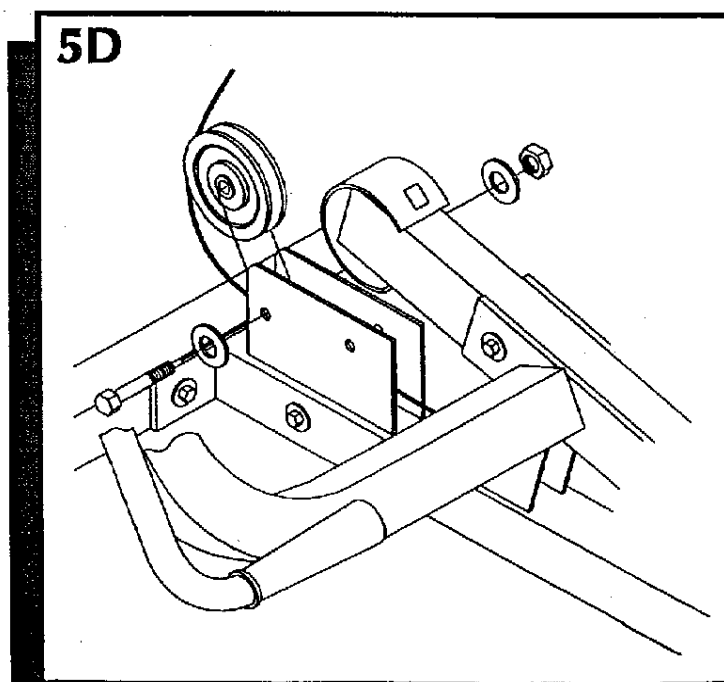
5B Thread the cable under a 3 1/2" pulley and between the Leg Extension Arm Supports. Install the pulley into the TOP hole using (1) 3/8 x 3 1/4 hex bolt and (2) 1/2" pulley spacers. Install (1) 3/8 x 3 1/4 hex bolt into the lower hole with the cable running between the bolt and the pulley. (Wrench tighten both bolts)



5C Thread the cable through the slot in the Vertical Bench Upright and through the Lever Arm Stop.

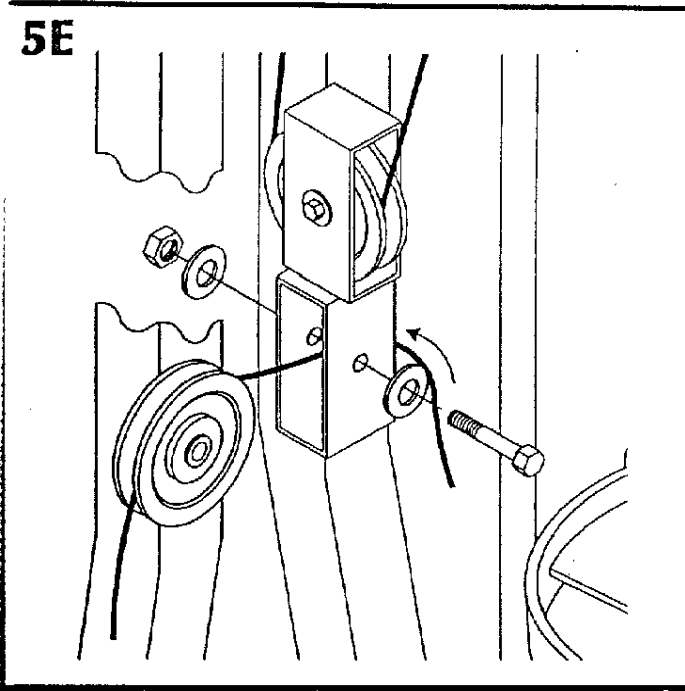


5D Thread the cable under a 3 1/2" pulley. Install the pulley into the back hole of the pulley ears on the Bottom Tube using (1) 3/8 x 2 hex bolt. (Wrench tighten)

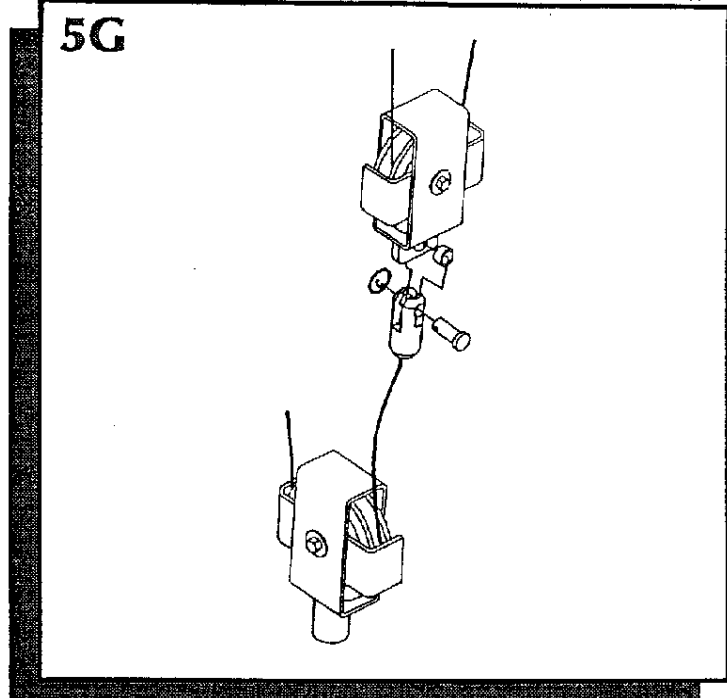


880-3D Assembly**Step 5**

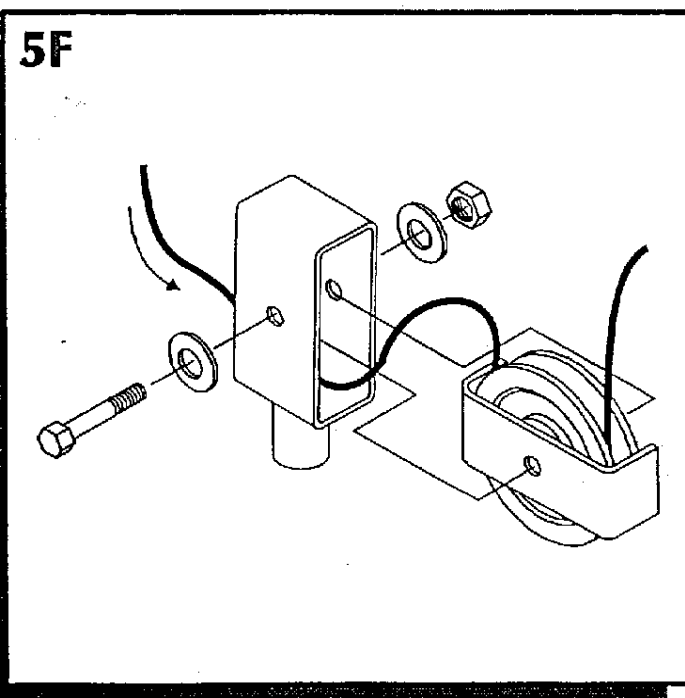
5E Thread the cable through the lower end of the 90° Alternating Floating Pulley Bracket and over a 3 1/2" pulley. Install the pulley into the bracket using (1) 3/8 x 2 hex bolt. (Wrench tighten)



5G Attach the Large Clevis at the end of the cable to the Tabbed Floating Pulley Bracket installed in step 4C by inserting the sleeve into the tab on the Tabbed Floating Pulley Bracket, sliding the Clevis Pin through the Clevis and the Tab on the Floating Pulley Bracket and locking the Clevis Pin into place using the Circle Cotter through the hole in the Clevis Pin.

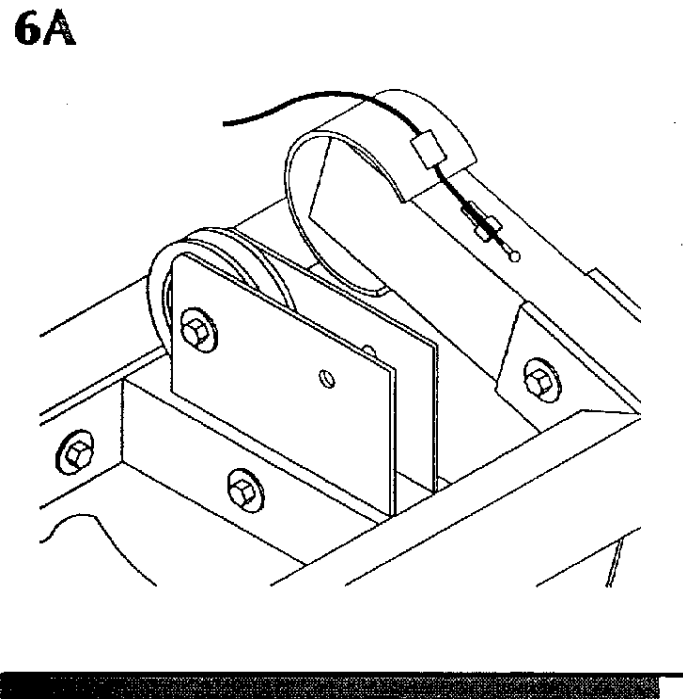


5F Repeat step 4C to install the pulley and cable into the Adjustable Floating Pulley Bracket. (Wrench tighten)

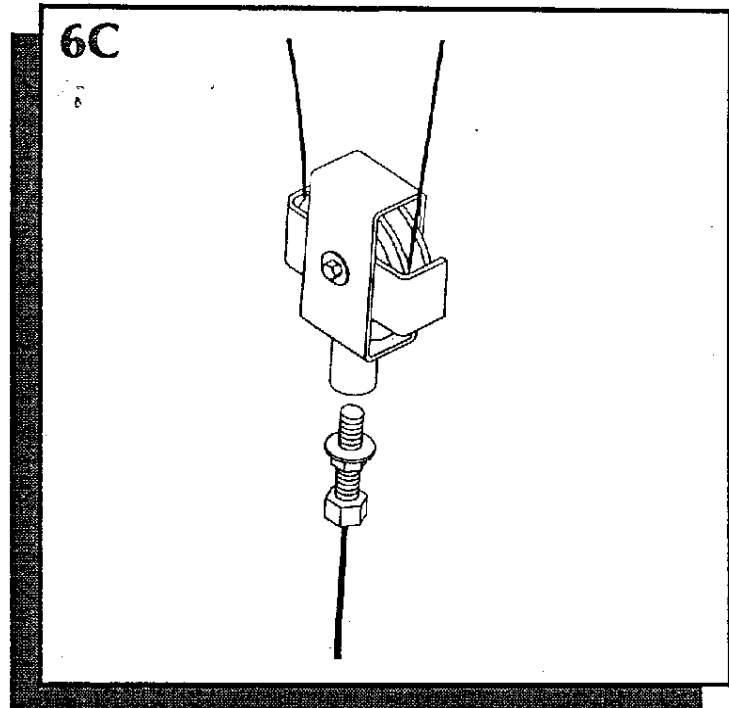


880-3D Assembly**Step 6****Step 6****Cable Installation: Press Arm Cable (#4)**

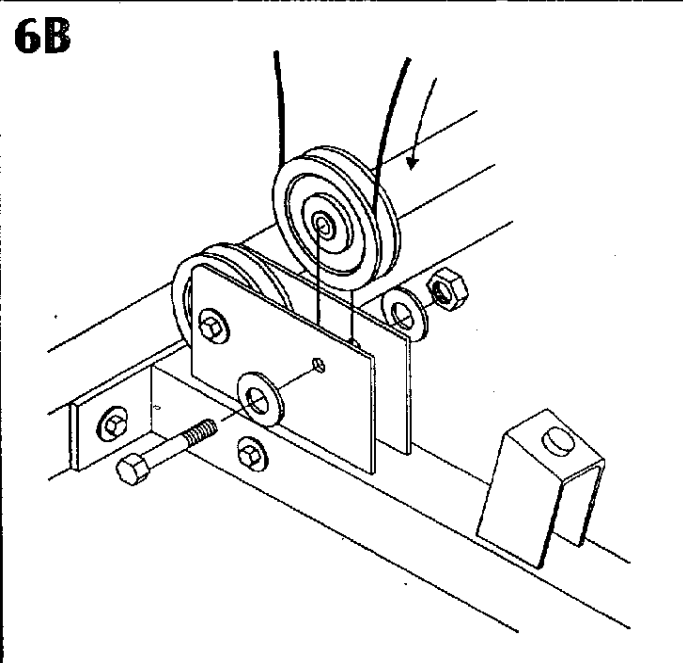
6A Thread the cable through the tube on the Lever Arm Cam. Allow the cable to rest in the quick release cable lock. Pull the cable back through the tube on the Lever Arm Cam so that the Quick Release Cable Lock is pulled into the tube, locking the cable in place.



6C Thread the bolt end of the cable (5) full turns or 1/2" into the Adjustable Single Floating Pulley Bracket. (Wrench tighten the jam nut)



6B Thread the cable under a 3 1/2" pulley. Install the pulley into the pulley ears on the Bottom Tube using (1) 3/8 x 2 hex bolt. (Wrench tighten)



880-3D Assembly

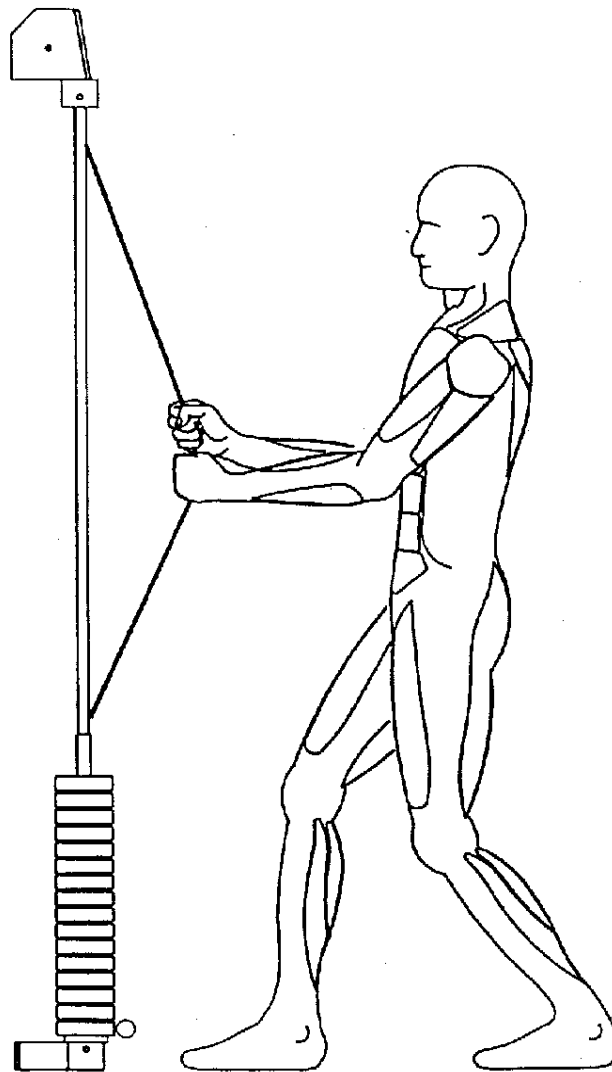
Step 7

Step 7

Cable Pre-Stretch

Please take a few minutes to go back over the assembly instructions and be sure that all parts have been installed correctly and that all bolts have been tightened according to the instructions, failure to do this can lead to serious injury! For your convenience a few extra bolts have been included with your shipment

Before making final adjustments to the cable (step 8) pin the entire weight stack and pull the cable as shown above. Your cable will stretch slightly. Repeat this procedure a few more times then proceed to step 8 and adjust the cables.

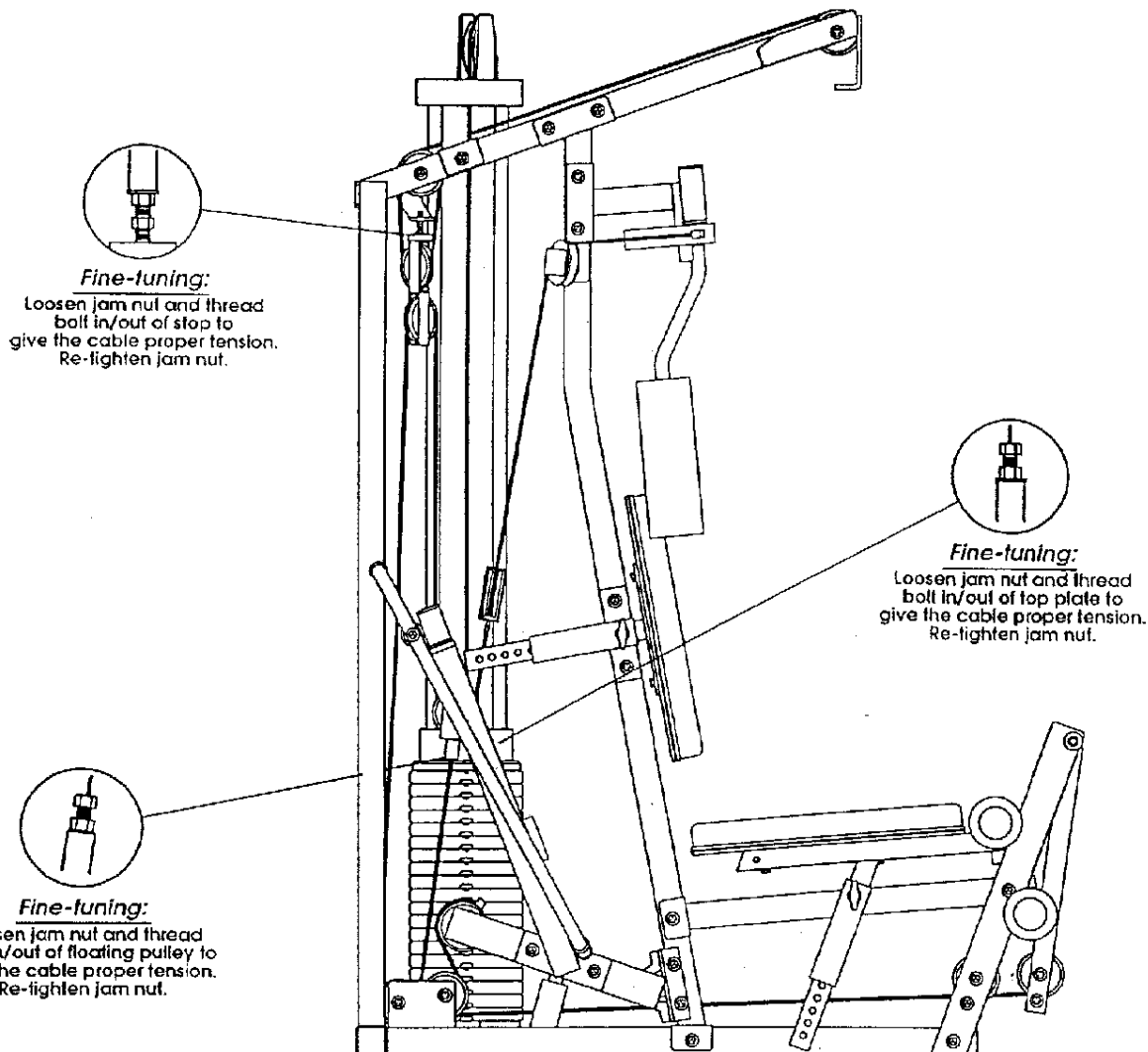


880-3D Assembly

Step 8

Step 8

Cable Adjustment



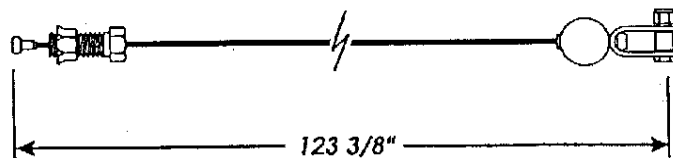
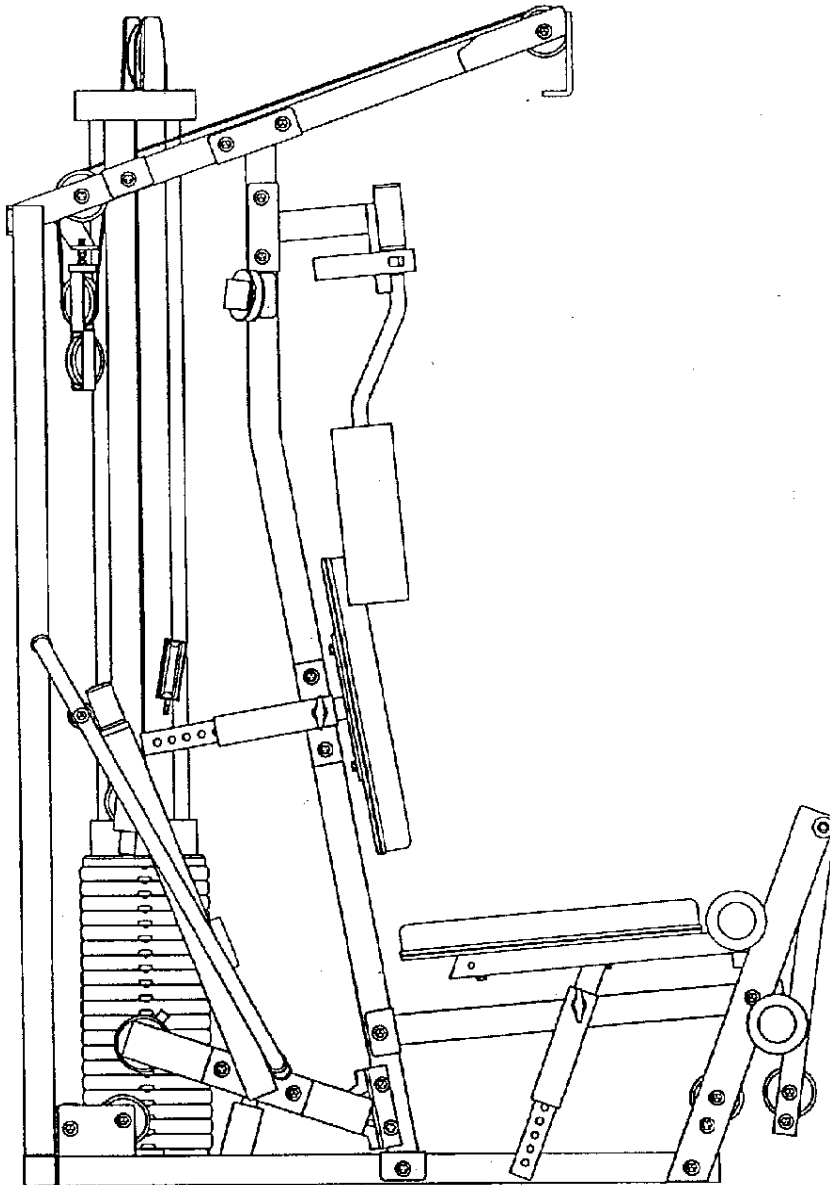
Your Hoist 880-3D should now be fully assembled. You may now attach the Lat Bar. Adjustments to the cables may need to be made during the first few sessions of use and may be made at the points listed above. The final step before using your Hoist 880-3D is to wipe the guide rods with a dust free rag and apply Super Lube. (supplied in the parts box) Please see your owners manual for information on maintenance as well as an exercise log and a catalog.

880-3D Assembly

Step 3

Step 3

Cable Installation - Pulldown Cable (#1)



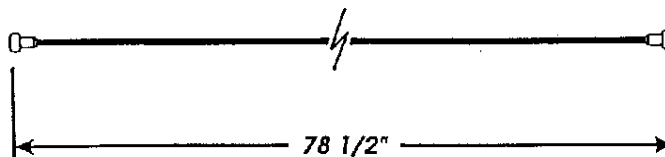
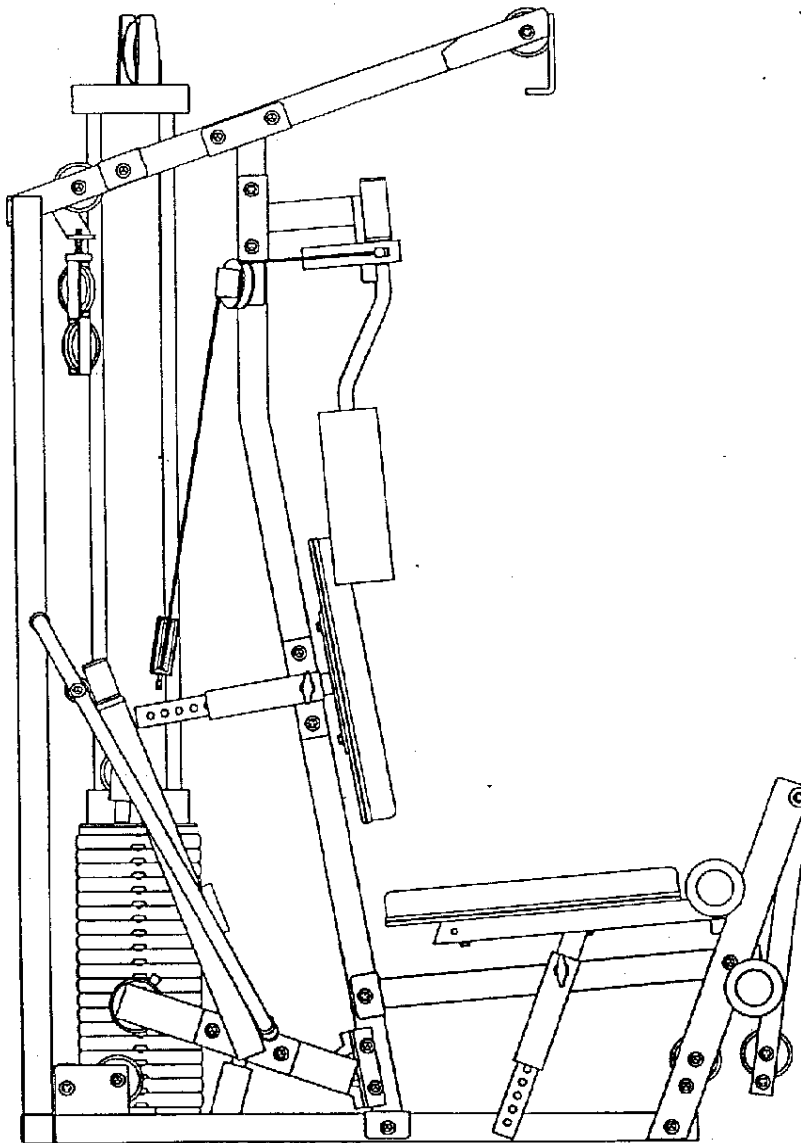
Pulldown Cable (#1)

880-3D Assembly

Step 4

Step 4

Cable Installation - Pec Cable (#2)



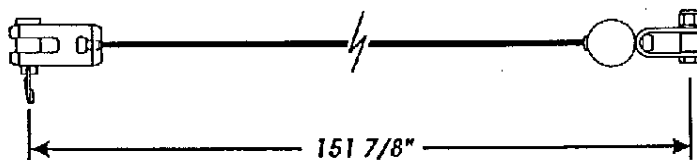
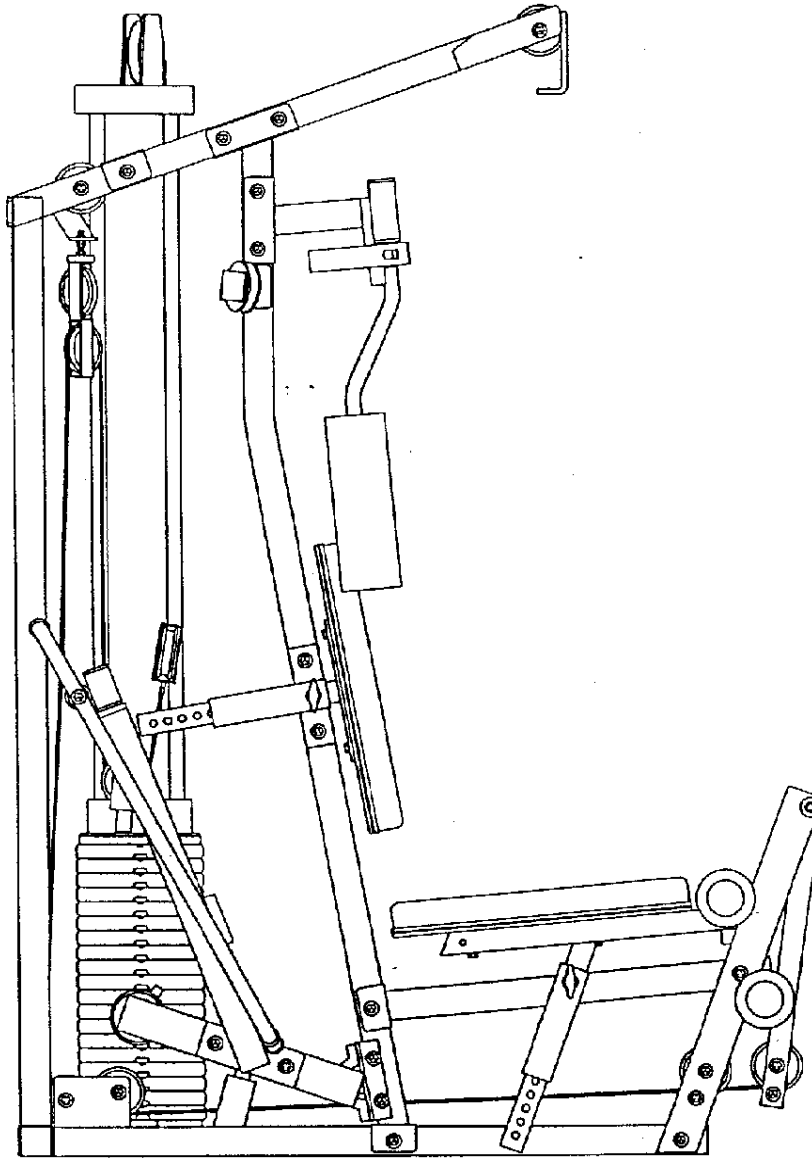
Pec Cable (#2)

880-3D Assembly

Step 5

Step 5

Cable Installation - Leg Extension Cable (#3)



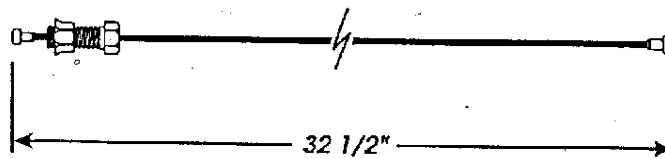
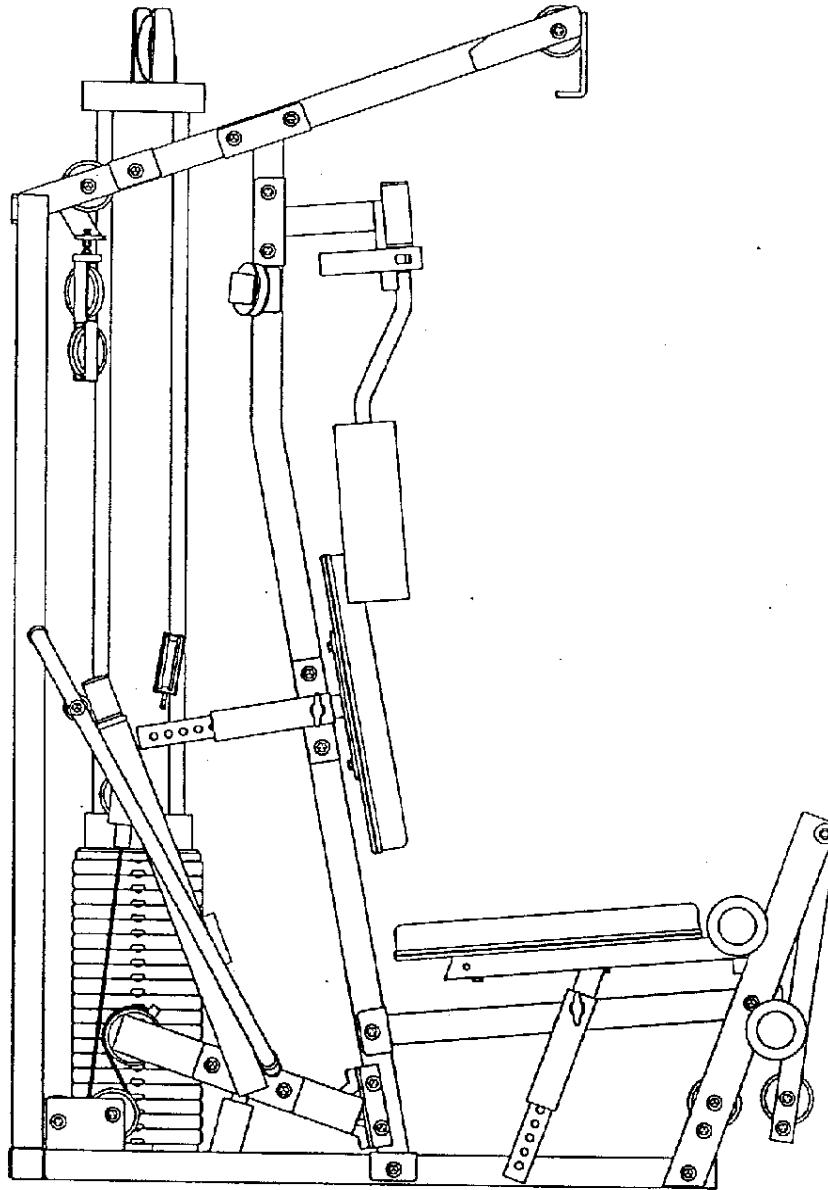
Leg Extension Cable (#3)

880-3D Assembly

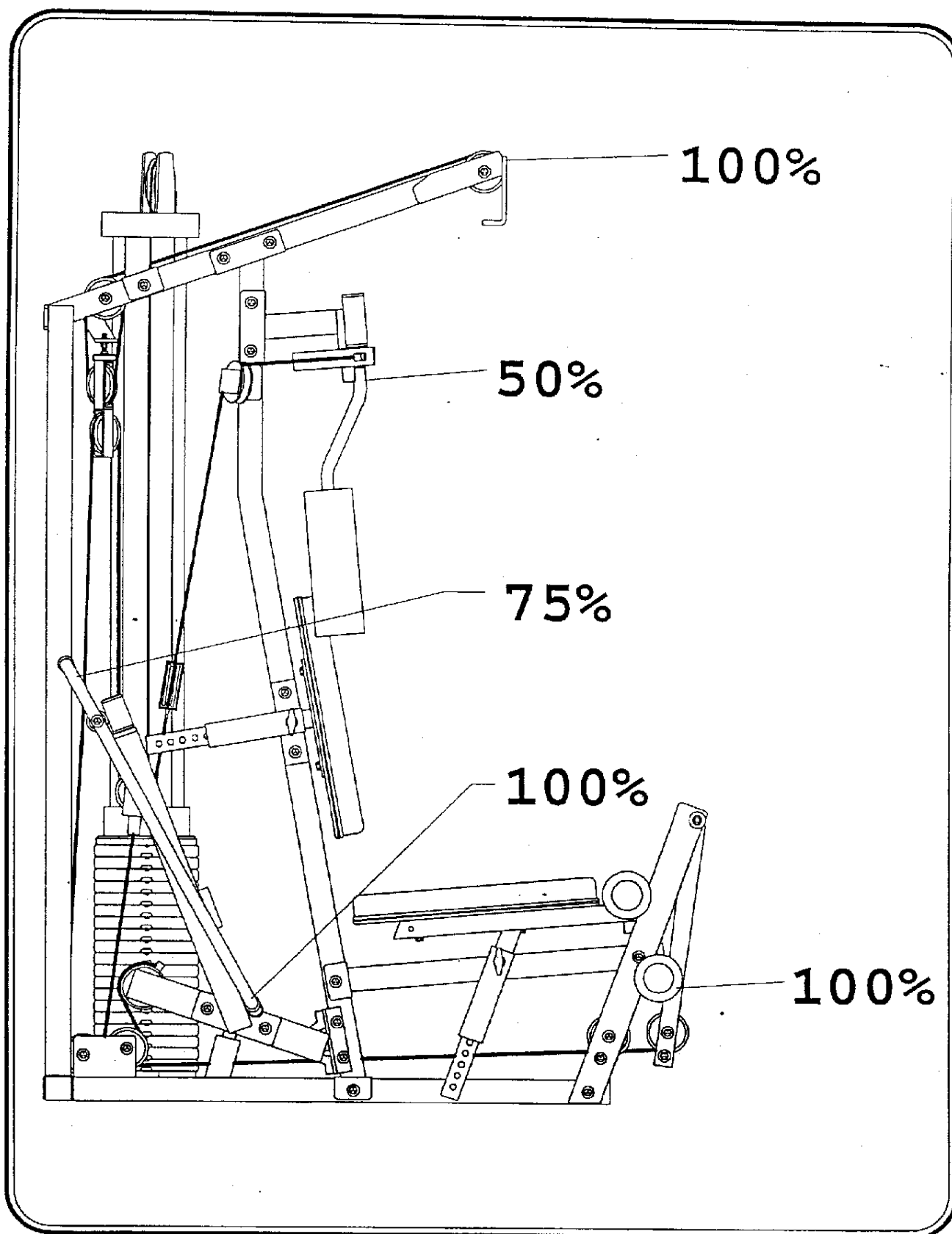
Step 6

Step 6

Cable Installation - Press Arm Cable (#4)



Press Arm Cable (#4)

5 WEIGHT RATIO**880-3D**

Percentages shown indicate a multiple of the weight selected.
See Weight / Ratio chart for exact weights being lifted at the above percentages.

880-3D**5 WEIGHT RATIO**

Plate #	50%	75%	100%
1	5	8	10
2	10	15	20
3	15	23	30
4	20	30	40
5	25	38	50
6	30	42	60
7	35	53	70
8	40	60	80
9	45	68	90
10	50	75	100
11	55	83	110
12	60	90	120
13	65	98	130
14	70	105	140
15	75	113	150
16	80	120	160
17	85	128	170
18	90	135	180
19	95	143	190
20	100	150	200

The above chart shows you the actual weight being lifted when the ratios are applied. The ratios are shown across the top of the chart with the actual weight plate numbers down the left hand side. To find the actual weight being lifted you would come down from the ratio being used and across from the weight plate number you have pinned.

6 EXERCISE DESCRIPTIONS**880-3D**

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercises correctly before using heavy weight. Correct form is important to avoid injury and to insure that you work the proper muscle groups.

Know your limitations. If you are new to weight resistance training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale When you exert is a general rule of thumb. Never hold your breath.

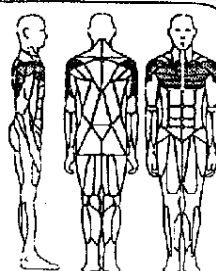
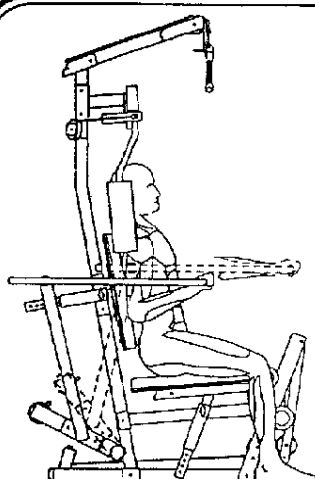
7 EXERCISE LOG

880-3D

[illegible]

880-3D

6 EXERCISE DESCRIPTION



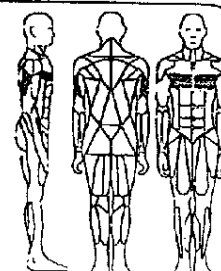
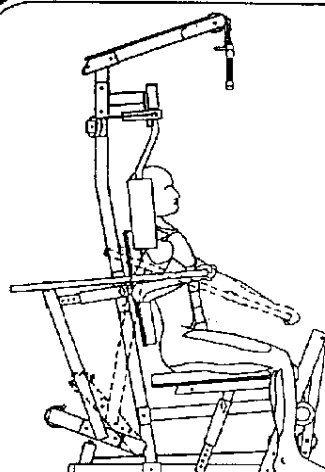
Chest
Shoulders
Triceps

VERTICAL BENCH

1. Sit upright with your back supported by pad.
2. Adjust back pad for beginning stretch.
3. Reach back for lower handles on articulating pressing arms and hold handles at chest height. (Adjust seat if needed)
4. Press handles forward with arms held at a 90 degree angle from body until arms are fully extended.
5. Slowly bring the arms back to the starting position.

Variation:

Bring hands together at peak of movement.



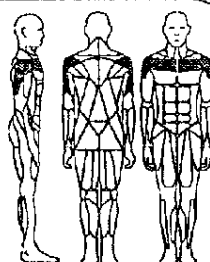
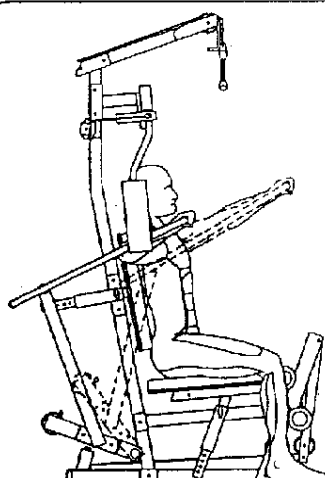
Lower Chest
Triceps

DECLINE PRESS

1. Sit upright with your back supported by pad.
2. Adjust back pad for beginning stretch.
3. Reach back for lower handles on articulating pressing arms and hold handles at chest height. (Adjust seat if needed)
4. Press handles forward and down to waist level until arms are fully extended.
5. Slowly bring the arms back to starting position.

Variation:

Bring hands together at peak of movement.



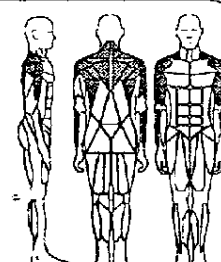
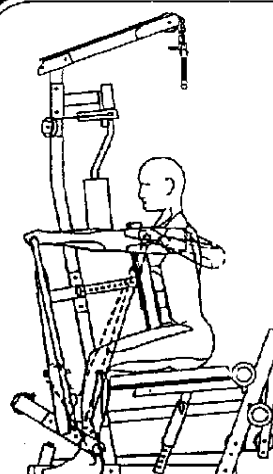
Upper Chest
Front Shoulder

INCLINE PRESS

1. Sit upright with your back supported by pad.
2. Adjust back pad for beginning stretch.
3. Reach back for lower handles on articulating pressing arms and hold handles slightly lower than shoulder height. (Adjust seat if needed)
4. Press handles forward and up to eye level until arms are fully extended.
5. Slowly bring the arms back to starting position.

Variations:

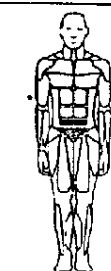
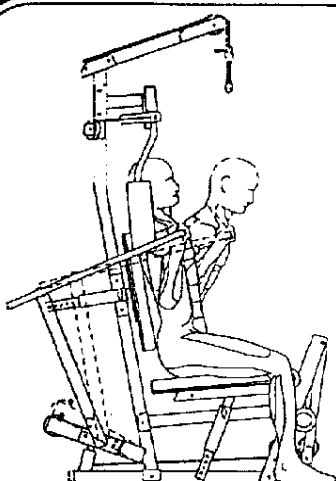
Bring hands together at peak of movement.



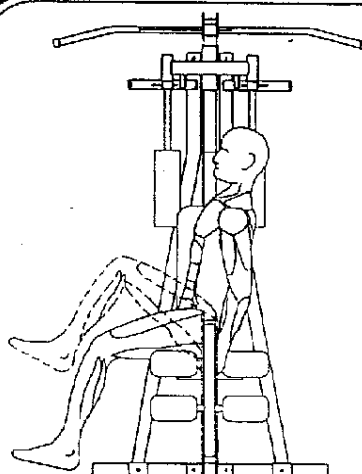
Lats
Traps
Biceps

SEATED MID-ROW

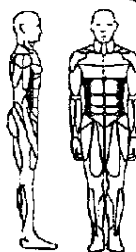
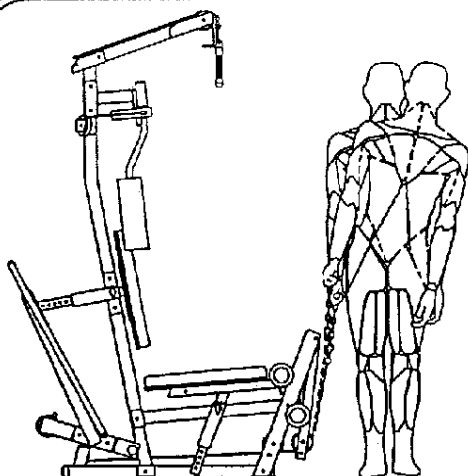
1. Sit facing machine and adjust support pad so chest is supported when pressing arm handles are just beyond reach.
2. Adjust seat height if necessary to grip handles as shown.
3. Pull pressing arms towards you.
4. Slowly return to starting position.

EXERCISE DESCRIPTION**880-3D***Abdominal***AB CRUNCH**

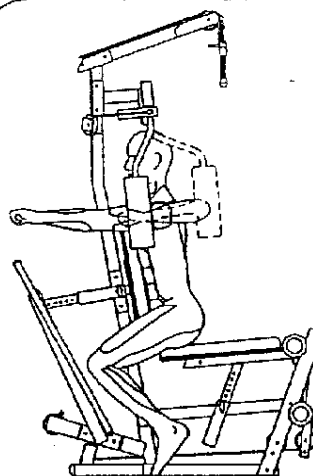
1. Sit with back against seat.
2. Bring lower articulating pressing arms to shoulders and in front of neck.
3. Curl your body forward approximately half way towards your knees, pivoting from the upper abdominal area.
4. Straighten to the starting position while maintaining tension on the abdominal area.

*Lower Abs***KNEE RAISE**

1. Sit on seat with legs extended to one side.
2. Place hands on side of seat for balance.
3. Leaning back to balance yourself extend legs straight out from body.
4. Lift knees upward towards chest.
5. Hold for a half count, then return to starting position.

*Obliques***SIDE BEND**

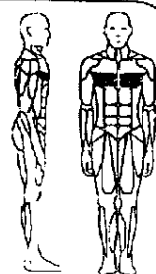
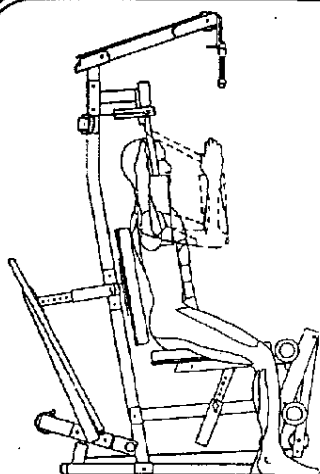
1. Lock lower pivot arm with hook latch, attach Padded Cuff to low pulley on front of machine and hold with hand.
2. Stand sideways to machine while keeping arms straight, crunch upper body over to the side opposite of machine.
3. Slowly return to starting position.

*Rear Deltoid
Upper back***REAR DELTOIDS**

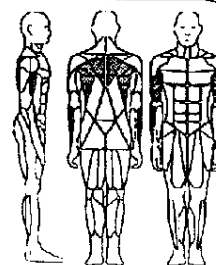
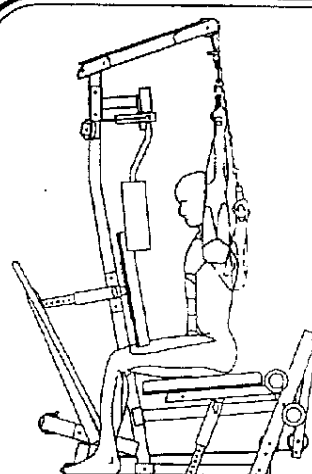
1. Adjust pec arms and back pad all the way in.
2. Sit facing machines with chest pressed against pad.
3. Adjust seat so upper arms are parallel to floor throughout movement.
4. Extend arms and rest elbows against movable roller pad rests.
5. Use back muscles to move pads as far to rear as possible.
6. Return slowly to starting position.

880-3D

6 EXERCISE DESCRIPTION

Lower / Inner
Chest**PECTORAL FLY**

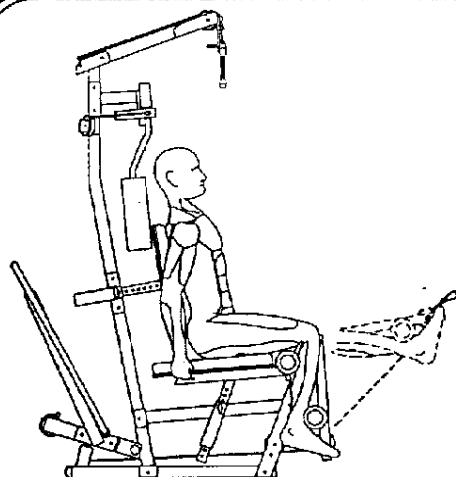
1. Adjust seat so that upper arms are parallel to floor throughout movement.
2. Adjust pec arms for comfortable pre-stretch.
3. Rest forearms and elbows against roller pads.
4. Push roller pads forward with your elbows, allowing them to touch in front of the chest.
5. Hold contracted position briefly then slowly let arms return to starting position.

Lat
Traps**LATERAL PULLDOWNS**

1. Adjust seat height so knees fit under back pad.
2. Place hands 4" to 6" inches wider than shoulder width on bar with palms facing forward.
3. Pull bar down slowly until it touches base of neck.
4. Slowly return bar to starting position.

Variation:

- A: Change bar and hand position to change muscle isolation.
B: Pull bar down in front of face to upper chest.



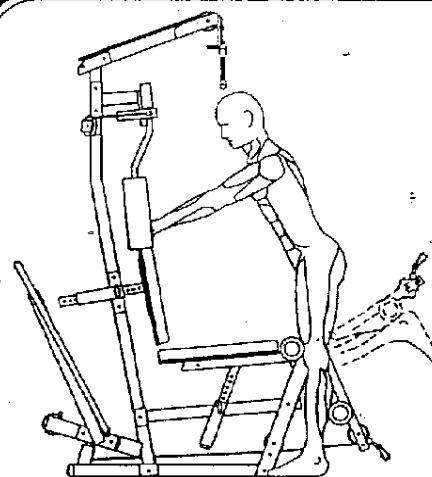
Lower Thigh

LEG EXTENSION

1. Adjust back pad so back of knees are snug against top of roller pad.
2. Adjust seat so pivot point of leg extension arm aligns with center point of knees while sitting on machine with low back fully supported.
3. Hook foot under lower roller pad.
4. Slowly extend legs straight out.
5. Hold position momentarily before slowly lowering legs to starting position.

Variation:

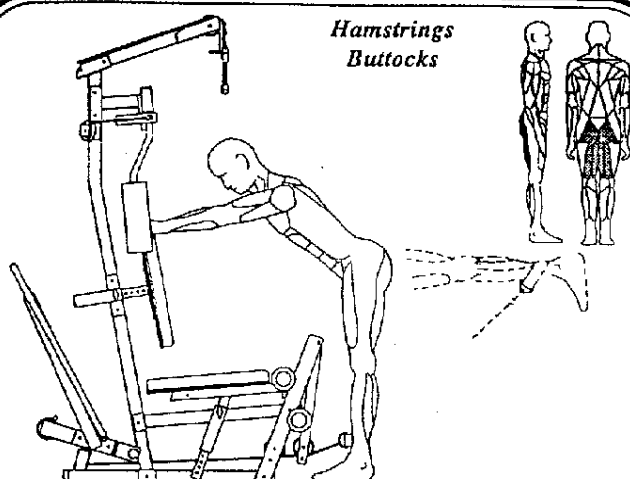
Use one leg at a time to focus attention on individual muscle group.



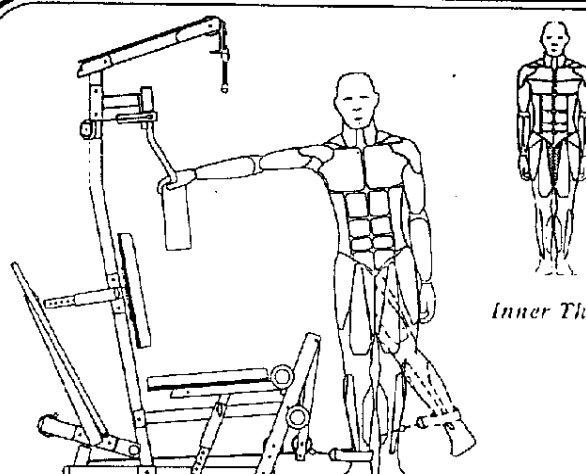
Hamstring

HAMSTRING CURL

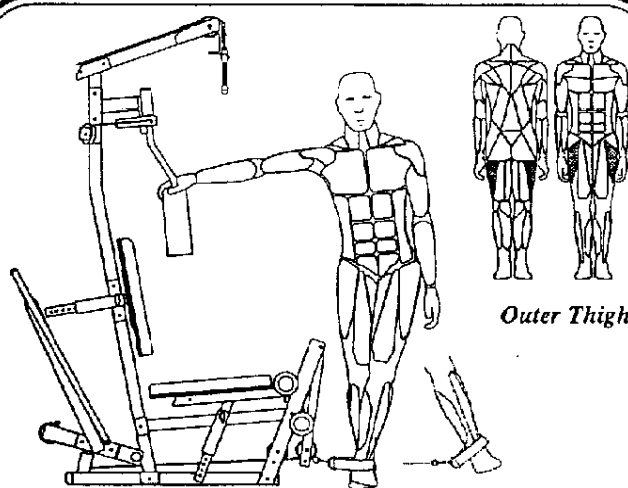
1. Adjust seat so top front of knee is just below pad.
2. Bend forward from hip and use vertical bench back pad for support.
3. Keeping hips stationary, rotate lower leg upward towards buttocks.
4. Hold leg in up position briefly, then lower weight slowly to starting position.
5. Change legs and repeat process.

EXERCISE DESCRIPTION**880-3D****Hamstrings
Buttocks****GLUTE KICK**

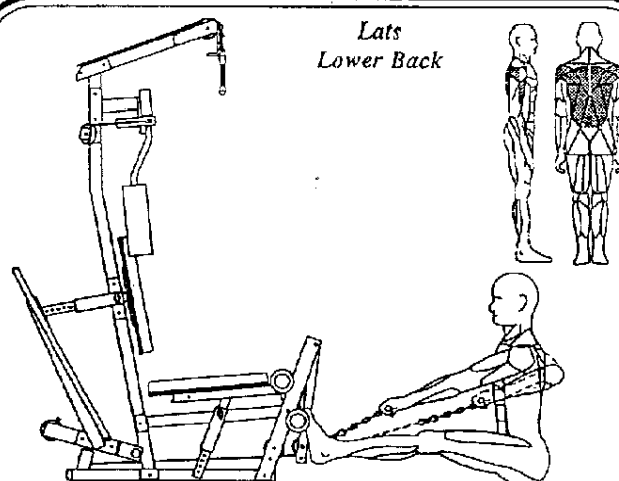
1. Lock lower pivot arm with hook latch, attach padded cuff to lower cable.
2. Fasten cuff to ankle and angle upper body forward using vertical bench back pad for support.
3. Keeping hips stationary and leg straight, slowly raise foot backward and up as high as possible.
4. Contract the buttocks at peak of movement then slowly lower leg to starting position.
5. Change legs and repeat process.

Inner Thigh**INNER THIGH KICK**

1. Lock lower pivot arm with hook latch, attach padded cuff to lower cable.
2. Stand sideways to machine.
3. Connect padded cuff to ankle of leg closest to weight stack. Steady your upper body by holding on to pec arm.
4. Slowly scissors your leg across your body, keeping the leg straight and your upper body erect.
5. Slowly return leg to starting position.
6. Change legs and repeat process.

Outer Thigh**OUTER THIGH KICK**

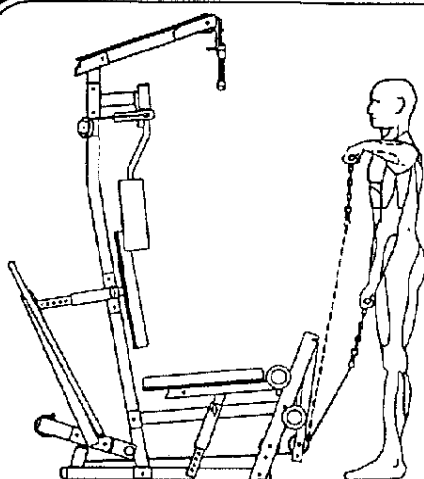
1. Lock lower pivot arm with hook latch, attach padded cuff to lower cable and stand sideways to machine.
2. Connect padded cuff to ankle of leg furthest away from weight stack. Steady your body by holding onto back pad.
3. Keep leg straight and slightly in front of your body through entire motion.
4. Move leg outward and upward as far as possible, keeping body straight.
5. Slowly return leg to starting position.
6. Change legs and repeat process.

**Lats
Lower Back****LOW ROW**

1. Lock lower pivot arm with hook latch, attach curl bar to low pulley on front of machine and sit on floor facing machine with feet braced on low roller pad.
2. Bend legs slightly and keep them bent during exercise motion.
3. Straighten your arms and lean forward to stretch your back muscles fully.
4. Sit erect and pull hands towards upper abdominal just below chest. Don't lean back as you complete movement.
5. Slowly straighten your arms to starting position.

880-3D

6 EXERCISE DESCRIPTION



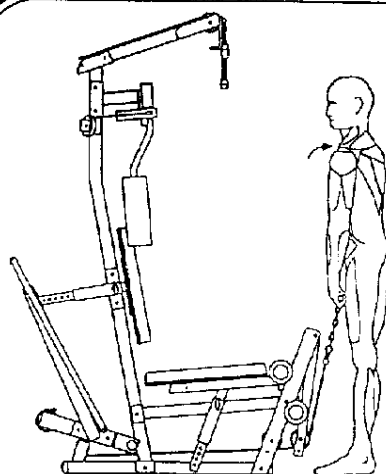
Back of Shoulders
Upper Back

UPRIGHT ROW

1. Lock lower pivot arm with hook latch, attach straight bar to low pulley on front of machine.
2. Grasp bar with palms down and hands 4" to 6" inches apart.
3. Stand erect with feet shoulder width apart, hands resting against thighs.
4. Keep elbows above hands and slowly pull the bar upwards to top of chest.
5. Slowly lower bar back to starting position.

Variations:

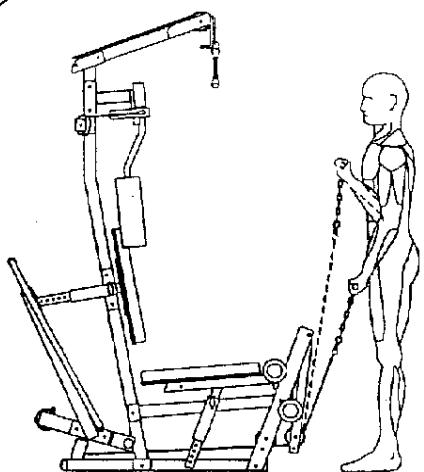
Vary hand grip width on bar.



Traps
Delts

SHOULDER SHRUGS

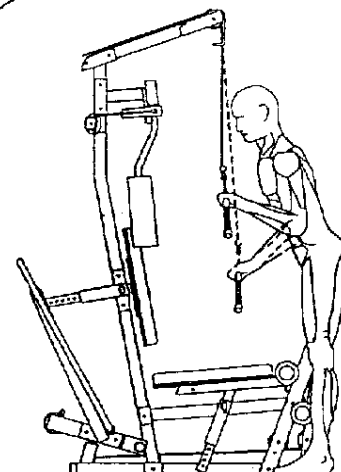
1. Lock lower pivot arm with hook latch, attach straight bar to low pulley on front of machine.
2. Stand facing machine with legs comfortably apart.
3. Grip curl bar overhand with hands 6" to 8" apart.
4. Slowly rotate shoulder upward then back around in a circular motion.



Biceps

BICEP CURL

1. Lock lower pivot arm with hook latch, stand facing low pulley on front of machine.
2. Hold straight bar with palms turned up and arms extended down.
3. Keeping back and wrist straight, curl arms upward towards chest in one movement.
4. Hold the contracted position briefly then slowly lower the bar to the starting position.



Triceps
Forearms

TRICEP EXTENSION

1. Face machine with feet shoulder width apart.
2. Place hands palm down on bar 4" to 6" apart.
3. Keeping the upper arms pressed into the sides of your body, press the bar down towards the thighs. Isolate the tricep muscle by pivoting from the elbow. Avoid moving the upper arms.
4. Return bar slowly to starting position.

Variations:

Use different bars and hand positions with palms up and down.

Hoist Fitness Systems

LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the original purchaser to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time.

This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components, belts or cables that occur after one year; all malfunctions of pulleys, bearings or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, express, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an ACT OF GOD.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
9990 Empire St., #130
San Diego, Calif., 92126
(800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS.